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On the Cover Robert De Niro, photographed by Art Streiber/August; grooming, Lynda Eichner; stylist: Shala Rothenberg

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ZOOMER MAGAZINE IS PUBLISHED BY

ZoomerMedia Limited, 30 Jefferson Ave., Toronto, Ont. M6K 1Y4
416-363-5562 BUSINESS FAX 416-363-7394 EDITORIAL COMMENTS 416-607-7724

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SUBSCRIPTIONS, RENEWALS, BENEFITS & CUSTOMER SERVICE

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Zoomer magazine is published nine times a year by ZoomerMedia Limited. It is distributed by publications mail agreement number 40050499. ISSN198-9408. All rights reserved. No part of this publication may be reproduced without the written permission of the publisher. Copyright 2015. We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities. *Zoomer* magazine is an independent publication and, unless otherwise clearly stated, its contents imply no endorsement of any product or service. Opinions expressed are those of the writers. In Canada, a one-year subscription to *Zoomer* magazine plus a one-year membership in CARP is \$34.95; three-year charges total \$84.95. Return undeliverable Canadian addresses to: 30 Jefferson Ave., Toronto, ON M6K 1Y4.



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From the Editor

WORD OF THE ISSUE:

Purpose

AS WE GO TO PRESS, the election campaign is in full swing. Time to cue the usual chatter about apathy among younger voters – and with good reason. Despite the spectre of hyper-engaged do-gooding millennials who aim to recast the world according to their values (remind you of anyone, boomers?), the numbers don't lie. As Moses Znaimer points out in his *Zoomer Philosophy*, Chapter 55 (page 10), our demographic goes to the polls. The reason isn't because people of a certain age have more time on their hands. I wager it's because mature Canadians have lived lives filled with enough experiences, achievements and disappointments that they have strong opinions on what matters to them and to society. They know that voting has a purpose.

Well it should. But because of the confusing game of musical chairs the three main parties are playing with policy and promises, many of you believe that this election is pointless, as Peter Muggeridge writes in "Three's a Crowd" (page 33). But in life, as in politics, one cannot succumb to ennui. Doing so is the beginning of the end and, after all, for many of us who are coming out of relationships that hampered, jobs that were drudgery and out of mourning for unrealized dreams, you know that to go forward, you must believe that you've only just begun. You know that there are many more years to make things



right, do them over or find a new way.

All you need is purpose. Your purpose in life can be as unbending as an oak or can change with winds of time and vicissitudes. The stories in this issue will not only amaze but inspire you as they did me as they showcase purpose that is as essential as recovering from a seismic health event or as profound as changing perceptions of one's marginalized culture or as daring as excelling at an extreme sport (yes, even at a certain age).

Finding your life purpose – or a new purpose as kids grow up and you get on – may only be coming to you now. And that's fine, too. With age comes change, which is essential, and growth, which is good. These two factors can hone or even alter your goals.

And if you need a helping hand to determine what it's all about, Lisa Bendall's "45 Ways to Find Purpose in Life" (page 66) is as good a place to start as any.

Let's Do This.

A handwritten signature of the author's name, Suzanne.

Contributors



Tim Collins is an award-winning writer and journalist from Victoria. He began writing for a living after retiring 15 years

ago from a long and varied business career. These days, he balances writing with happily caring for two six-year-old grandchildren. In his piece "All the Right Moves" (pg. 70), Collins introduces us to a number of his contemporaries who take staying active seriously – extreme sport seriously.



Johanna Schneller writes the "Fame Game" column for the *Globe and Mail*, as well as a new column, "What I Watched Last Night," for *Metro* and the *Toronto Star*. She's profiled Kim Cattrall and Diane Keaton for *Zoomer* cover stories and, for this issue, Robert De Niro in "You Talkin' to Me?" (pg. 56). "It's a thrill walking into a room [where he is]," she says. "Even when he's not saying much, his expressions tell a whole story of their own."



Matthew Church worked in magazines for 16 years, serving as editor-in-chief of *Saturday Night* and *enRoute* before surviving a cataclysmic health scare – see "Death Takes a Holiday" (pg. 62). Now, when he's not working for various non-profit organizations, his passion for automobiles fuels his search for "A Car of One's Own" (pg. 38), a journey to realize his father's dream of owning that perfect vintage roadster.

SOME LIKE IT HOT

The night I read Evelyn Hannon's "I'm Not Hot, Neither Are You & That's a Good Thing" (June), I was resting for my next day's competition. At 51, I compete in natural bodybuilding with UFE (Ultimate Fitness Events) in the categories of Elite Figure and Pro Physique where there are no age categories at this level.

This is not done to prove I am "hot" but only because I can do it. There are a few ladies around my age competing and men our age and older, too! Being a professional in the fitness industry for 25 years, my clients appreciate a role model who practises what is preached. I started competing three years ago. How empowering to understand the science to create the physique you are after, be strong and have the ability to enjoy a great quality of life. I do not actually think of my age when making choices mentally or physically. I simply do what I believe I am able to do. I work hard to inspire and motivate others to achieve their own

personal goals, be what they may.

Madonna may not be my idol, but I applaud and respect her ability to be the best she can be at any age. I equally respect Annie Lennox for her beauty and talent as well. Neither woman is trying to look young and hot. They just are who they are. We need more role models beyond celebrities who have maintained healthy physiques, avoiding major need for medical intervention.

Yes, some might think I am hot. When I deadlift a weight I did not think possible or come across a finish line looking like I had just gone 16 rounds with Tyson, I do not feel hot - just awesomely alive and, yes, very real. My clients have seen the rough-and-ready version of me and know and respect the difference.

We all have choices - to be hot or not is your own choice AND your own vision, celebrity or not.

-Tara Imerson, via email

MAY, I SUGGEST

On glancing through the September issue, I stopped at "Decision 2015." At first, I thought there must be another page; surely Zoomer would cover all the parties, but the old school dominated again. Does the Green Party and specifically Elizabeth May not exist for people in the big city? I'm sure we all have an opinion about the Greens' ability to be elected, but they do hold seats and are a real party. Elizabeth May is, in my opinion, the most qualified candidate with more to her credit than either Mulcair or Trudeau. I, for one, would like to see you cover all the parties. -Jan Brettnacher, via email

Zoomerang



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THE ZOOMER

Chapter 55

Guess What? We Could Run the Country (If only we knew it)

By Moses Znaimer

THIS PAST JULY, just a week before Stephen Harper triggered one of the longest federal election campaigns in Canada's history, I attended the 21st annual Elvis Festival in the town of Collingwood, Ont. Billed as the largest annual such festival outside of Memphis, the event drew over 30,000, almost doubling Collingwood's population over its four-day run. The array of Elvi was impressive, but even more startling to me was the sheer concentration in the crowd of our demographic: Zoomer Nation. Since 2008, I'd been talking about the strange invisibility of our burgeoning group, which actuarial predictions led one to believe would one day soon be everywhere you turned. Finally, in Collingwood and increasingly at other political and cultural events I've been attending recently, that day appears to have arrived. Suddenly, we are present in all our impressive density.

Now that the election campaign is underway, I find myself thinking more about this weird disconnect, between the lingering perception of our gang as feeble and marginalized, and the reality of our numbers and the political attention being paid to us. Marginalized constituencies tend to get ignored, but all major parties have been vigorously throwing goodies our way. At the 2012 CARP AGM, NDP leader Tom Mulcair announced that the "first"

thing he would do when his party came to power would be to wind the pension age back to 65 from the 67 that the Conservatives had then recently proclaimed. The federal Liberals have tossed in their hat by endorsing the Ontario Liberal promise to establish an Ontario Pension Plan to "supplement" CPP payments for many people who either don't have workplace pensions or whose workplace pensions have disappeared. The Conservatives have shot back by doubling the amount a person can safeguard from taxes in a TFSA, and they now appear to be amenable to extending the allowable time period before RRSPs have to be liquidated; all in recognition of the fact that, Surprise! we're living longer these days.

The good news about this flurry of vote-chasing is that "suddenly" it seems that everybody is saying nice things about us and certainly becoming more aware that we exist. The "bad" news for an organization like CARP is that for the first time in memory we find ourselves with no clearly defined antagonists and, generally speaking, advocacy works better if there is a grievance. From the point of view of growing membership, you could say we'd be better off if society were actually acting on the unspoken prejudice that seniors are an irrelevant group.

The impact that a villain can have on senior-issue activism is one of the underlying themes of a documentary VisionTV recently commissioned, called *Pensioner Power*. The program follows the rise and fall and rise of pensioner political success in Israel, Slovenia and, to some extent, Croatia. Israel is a good lab case because in fragmented, proportional-representation voting systems like theirs, small single-issue parties can

wield outsize influence by acting as swing votes in coalition governments. No pensioner party has been more effective than Slovenia's, which in the past few years has brought down a number of governments that have made the mistake of ignoring pensioners' interests. Representing only 15 per cent of the Slovenian electorate, the Democratic Party of Pensioners has become so powerful that a "war of the generations" has come to dominate the political landscape in that country.

What do Slovenian seniors have that we don't? For one thing, an actual political party. Five years ago, in Chapter 6 of *The Zoomer Philosophy* ("Politics of the Undead"), I proposed just such a party, ZIP: the Zoomer Inclusive Party. I was writing in reaction to our invisibility then on the political landscape. "For years, politicians have been treating us as if we're already dead. Here's a bulletin: we're not!" Five years later, the way we're being courted by all the political parties shows how much the situation has changed.

The second thing Slovenian seniors have that we don't is a natural enemy; in their case, austerity. Specifically, I'm referring to the austerity measures currently in vogue in struggling European countries, where the first response of governments is often to slash pensions. Nothing gets people to the barricades faster than a force that wants to take back a critical part of their subsistence. Consequently, direct political participation is the European trend for special interest groups, compared to the North American approach of CARP and AARP, which have opted for the benefits of not having to line up with any one particular group seeking power. So when I first started mulling over the best ways to mobilize our demo-

PHILOSOPHY

graphic, my thought was to identify those ridings with the greatest concentration of older people – and then find an issue, like pension-slashing, to concentrate bloc voting.

Now, if this strikes you as a kind of fantasy, you're right. It turns out Canadian seniors do have a natural enemy – and it's *us*! Our enemy is our inability to see exactly how powerful we already are and can be.

Here are some statistics to illustrate what I'm saying. They're readily available to anyone from Elections Canada and Stats Can,¹ and many are drawn from the last federal election, in 2011.

1. In the 2011 election, voter turnout for the 18-44 age group averaged 47 per cent. There are 13,116,000 people in this group. Which means 6,164,520 of them voted in the last federal election.

2. Voter turnout for the 45-74 age group averaged 70 per cent. There are 13,138,000 people in this group. Which means 9,196,600 of them voted in the last federal election.

3. Voter turnout for the 75-plus age group averaged 60 per cent. There are 2,440,000 people in this group. Which means 1,464,000 of them voted in the last federal election.

4. The 45-plus group altogether (our demographic) comprises 15,578,000 people. This group cast 10,660,600 votes in the last federal election. Ergo, the adjusted average voter turnout for the 45-plus age group is 68.5 per cent.

5. Our 45-plus group makes up 54 per cent of the eligible Canadian voters. This means we already command a slim majority of the vote. If we con-

sider voter turnout, though, and adjust our percentage of the electorate accordingly, **we actually make up 63 per cent of the electorate**. Which is to say, we cast 63 per cent of all the votes in the 2011 federal election, and every indication is that we will cast a similar percentage of the votes or more in this upcoming election.

6. Conclusion: Our group can control the total national vote with no help from alliances with any



other group. Which seems to mean we should be able to control the upcoming election and the next few after that.

Alas, there's a small *if*. *If* Canada had a proportional representation election system like Israel's or Slovenia's, we would indeed be able to control elections outright. But our system is still first-past-the-post. This means it's possible for a party to actually win the broad popular vote but lose an election because it doesn't have sufficient riding concentrations to win seats. So my initial impulse to

target particular ridings where we definitely have the highest percentage of voters plus votes does make sense. But even the first-past-the-post complication doesn't change how dramatic that 63 per cent figure really is. For years, we've been worried that our canoe is leaking, when all the time we've been driving an aircraft carrier. We are the opposite of the Slovenian pensioners' party. We have at least the theoretical power not just to bring governments down but to *elect* them.

If proportional representation should ever come to Canada, does this mean we'd suddenly run amok and start voting only our own interests as some marauding bloc? Hardly. Surveys taken at this writing show that our demographic splits almost exactly the same way as the population at large in terms of party preference: currently, a third of us support each of the three main parties, creating a virtual standoff. Of course, we have shared interests, typically relating to health and money, which only makes sense: we aren't just older people, we're also parents and grandparents and uncles and aunts. More important, we're not close to monolithic. Our group includes rich and poor and those in-between, small "l" liberals and small "c" conservatives, left-leaners and right-leaners and centrists. We're probably more like other Canadians in our differences than anything else. What's indisputable, though, is that **63 per cent**.

What we do or will do or should do with our growing political power is a subject for another conversation. But for now the numbers are in. We have the power, and Elvis is definitely in the building. 

¹ WWW.ELECTIONS.CA/CONTENT.ASPX?SECTION=RES&DIR=REC/PART/ESTIM/41GE&DOCUMENT=REPORT41&LANG=E#P51
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THIS WAY UP

RECENT PEAKS AND VALLEYS IN THE JOURNEY

The FDA approves a pill, a.k.a. the “female Viagra,” purported to boost a woman’s sex drive Many women remain disappointed, however, when the pill fails to cure the source of their waning sex drive – the guy sitting on the couch next to them for the last 40 years in the torn underwear eating Cheetos and scratching himself.

Bugs Bunny turns 75 ... despite the best efforts of Elmer Fudd and Yosemite Sam.

Singapore researchers develop “smart diapers” that alert caregivers when an elderly patient requires a change So, like any good electronic device, it sends an alert when your “download” is complete.

New research shows that the higher a man’s intelligence in early adulthood, the better physical shape he’s likely to be in later in life Technically, if the opposite holds true, you’ll wind up an older, out-of-shape dimwit. Which pretty much explains Donald Trump.

Taking a stand against ageism

In 2013, Bob Rae had one word for the suggestion that he was stepping down as federal Liberal leader because of his age: “Bulls**t.”

— (AND DOWN) —

What a difference two years makes In 2015, Rae says Elizabeth May should avoid coming off too shrill in the first election debate and that it’ll mostly just be “spinsters” watching the party leaders go at it.

The federal government bungles Guaranteed Income Supplement in Alberta and may have to reimburse years of payments

I really hope Nigel Wright has enough in the bank to cover this. —Mike Crisolago

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“Beautiful young people are accidents of nature, but beautiful old people are works of art” —Eleanor Roosevelt

Lily Tomlin
in *Grandma*

Film

OLD HANDS, NEW TRICKS

WHEN ACTRESS Ellen Albertini Dow died this past May at age 101, she was eulogized as the “rapping granny” – a character she played in the 1998 comedy *The Wedding Singer* – when the idea of an 84-year-old busting out “Rapper’s Delight” wasn’t a played-out gag. It was funny. You know, because she’s old. And rap is for young people. Get it?

Back then, depictions of grandparents in pop culture largely fell into two categories: the

sweet, helpless “I’ve fallen and I can’t get up” set and the can-tankerous “Where’s the beef?” 1980s holdover. And, of course, Wilford Brimley popped up every once in a while to talk about oatmeal and “diabeetus.”

Thankfully, nearly two decades later, we live in a time when grandparents like the pot-smoking, foul-mouthed, road-tripping lesbian granny Ellie, played by Lily Tomlin in the upcoming comedy-drama *Grandma* (Sept. 25) can declare, “You know, you need to

be able to say screw you sometimes.” Blunt, sure, but it’s proof that grandparents in film can cast off the rocking chair and actually take risks. Now when they’ve fallen, they can get up just fine.

In fact, nowadays, it’s you who’ll need to call for help thanks to a new genre – “granny thrillers” – that launches with *The Visit* (Sept. 11), an M. Night Shyamalan screamer about a pair of siblings whose creepy grandparents should be playing shuffleboard with the old couple from *Rosemary’s Baby*.

Meanwhile, on the small screen, *Grandfathered* (Sept. 29), a new FOX series, debuts with John Stamos, 52, as a womanizer who discovers that the morning after can last a pretty long time, in the form of a son and grandchild he didn’t know about.

That brings to mind another quote from Tomlin’s Ellie, an author, who chalks up her recent upsurge in literary productivity to one thing: “That’s what good sex will do for you.” Now, imagine grandma knitting those words of wisdom into a quilt. —MC

A MUSICAL LIFE

Famed cellist Yo-Yo Ma celebrates his 60th birthday on Oct. 7, but it’s his fans that receive the gift: two days later, he releases his latest

album, *Songs from the Arc of Life*, which he calls “a reflection, a sample of what might be or could have been or was.” He recently spoke with *Zoomer*’s Judy Gerstel.

Judy Gerstel: You’ve had an amazing life and career...

Yo-Yo Ma: The thing[s] I missed I can never redo. My wife believed in what I was doing even though it meant my leaving. We’ve been married 37 years, and I’ve been gone 24 of those years. But I was never made to feel guilty. It was an unbelievably gener-

ous thing that she did.

JG: Will life change at 60?

YYM: The older I get, the more I’m thoughtful about what I choose to do. In my 20s, I would have said about almost anything, “That’s exciting! Let’s go!” Now, I stop to think, “Is that going to be a waste of time?” I’m also very interested in how culture and education fit into our society. We can’t just close our eyes and hope everything will be okay. I’m trying to bring more people into the discussion everywhere I go. Turning 60

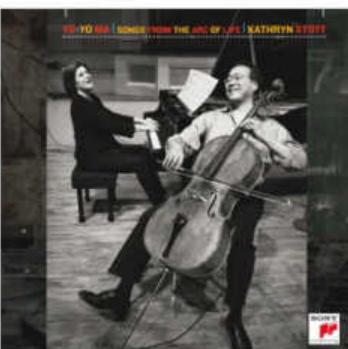
makes me a little bolder in terms of saying things.

JG: Does aging affect your performance?

YYM: It’s greater effort with diminishing return. All the other work I do fuels my desire to play every phrase with as much intentionality as I possibly can. And I would love to play in tune as long as possible.

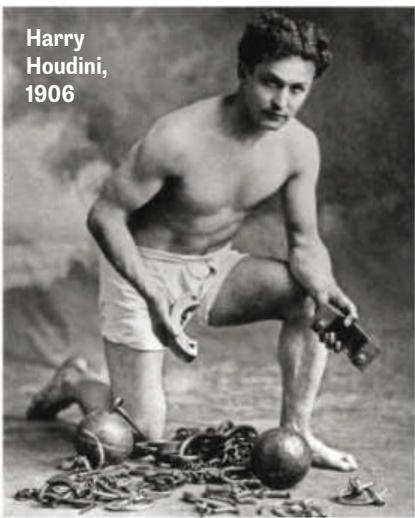
Extras

EXTENDED interviews with Salman Rushdie, Billy Connolly and Yo-Yo Ma and much more at www.everythingzoomer.com/zoom-in-extras.



The Year of the Monkey and of the Dog

1452 & 1874



Harry Houdini, 1906

THE YEAR of the monkey has produced, historically, a vast array of creative, intelligent and dynamic people who excel, arguably, the most at *hacks*; that is, problem-solving in the most aggressive and stylish ways possible.

This skill set can be tracked to the Yoruban “signifying monkey” or *Exu*, an ancient trickster known for his deadly verbal dexterity or the way in which – states critic John Edgar Wideman – he deploys a language that is “both carnival and minefield.”

Human primates born under this sign are very often exceedingly gifted at creating slippery, ingenious ways out of tricky situations or seemingly impossible problems.

The latter set includes Leonardo da Vinci, who taught us how to paint a seemingly lovely woman with a demure smile who must live, to cite Kenneth Clark, like a “submarine goddess,” behind bulletproof glass,

she is so desired by thieves and miscreants.

There is Ian Fleming, whose how-tos are legion and always involving a dashing man’s ability to escape the most terrifying of foes while making pompous demands about the construction of his martini.

Dogs are clearly every bit as intelligent and creative as monkeys, and the two are best known for their eerie kinship with us.

Among these ingenious quadrupeds is Harry Houdini, the greatest of all magicians, and, of course, the outlier of the group. Born a dog in 1874, two years after the monkey, like the primates he utilized his innate canine wiles in transforming the ability to escape impossible situations into an art form, from *How to Exit a Glass Tank of Water Whilst Upside Down and Manacled* to *How to Make an Elephant Vanish* and *How to Swallow Thread and Razor Blades, Then Remove Them in a Neatly Sutured, Sharp Shining Row*.

Houdini’s real name was Eric Weiss: he came to fame in the early 20th century, as punitive, ghastly anti-Semitism spread like wildfire throughout the Western world. He loathed mendacity and was also famous for debunking other magicians.

His brilliant career ended when a McGill student sucker-punched him, rupturing his appendix.

“I’m tired of fighting,” were the great artist’s final words.

What distinguishes the greatest astrological monkeys and dogs is their understanding that their hacks are a small part of a complex whole.

As to Houdini, with every death-defying escape, with every riveting trick, he showed those who needed to know something astonishing about self-reliance, mystifying strength and that to endure is all.

This was not magic.

These were lessons in survival.

—Lynn Crosbie



Comedy

MINCING WORDS

If laughter is the best medicine, then Scottish comedian Billy Connolly is constantly self-medicating. Despite recent health setbacks including a cancer diagnosis, Parkinson’s, hearing issues and memory loss, Connolly rides his *High Horse* comedy tour across Canada through October and November.

■ On his motivation to do a stand-up tour

“Greed. Insatiable greed. And the desire to be applauded. [Laughs] Carried shoulder-high from the room and dumped in the river.”

■ The moment he fell in love with Canada

“I was watching [a Canadian talk show] one night and there was a kind of semi-crazed-looking man being interviewed, and he had a big model car, like a Cadillac, carved from wood. He wanted to swap it for a buffalo. A *real* buffalo. And I thought, ‘I think I like Canada. I think I want to live with people like this.’ He was being deadly serious. I was the only one who was laughing.”

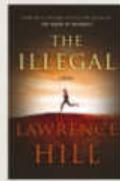
■ Whether or not he’ll ever stop performing

“I think it’ll stop me. I think when I stop, I’ll be told in no uncertain terms to stop. I don’t care. That’s not the way I think. I don’t think about stopping. I think about going.” —MC



Literary Escapes

Faraway places and fascinating adventures – this collection of worldly reads promises incredible journeys without the jet lag

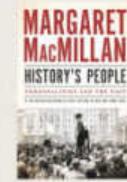


■ The Island of Freedom State

Optioned for a film before it hit bookshelves, *The Illegal*, by award-winning author Lawrence Hill (*The Book of Negroes*), explores the plight of undocumented refugees through the tale of a gifted runner fleeing for his life. (Sept. 8)

■ Cross-Continental

In *History's People*, Margaret MacMillan (*Paris 1919, The War that Ended Peace*) high-



lights some of history's most fascinating lives, from early explorers to statesmen and everyday heroes. (Sept. 8)

■ Canada Richard B. Wright's memoir *A Life*



London, England

with Words charts his childhood during the Second World War

to his ultimate literary achievement – the Giller-winning *Clara Callan*. (Sept. 15)

■ Africa Giller-winning author Will Ferguson explores the beauty and battle scars of one of the continent's most troubled nations in

his travel memoir *Road Trip Rwanda: A Journey into the New Heart of Africa*. (Sept. 29)

■ Ancient Rome After nine years, bestselling author Robert Harris brings his trilogy about the life of Roman philosopher and orator

Cicero to a close with *Dictator*. (Oct. 8)

■ Italy Historical author extraordinaire Ross King guides readers through the momentous volume *Florence: The Paintings & Frescoes*,

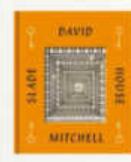


1250-1743, a full-colour collection of "every

painted work on display" in the famed Uffizi Gallery, as well as the Duomo and other historic locales. (Oct. 20)

■ Britain Slade House, the latest tale from

David Mitchell (*Cloud Atlas*), about a mysterious place of illusion, began as a series of posts on Twitter. Who says social media is a waste of time? (Oct. 27) —MC



THE WONDER TALES

“I WAS SICK of the truth,” says Salman Rushdie, explaining why his new book, *Two Years Eight Months and Twenty-Eight Nights*, is “wildly surreal.”

The 68-year-old author calls it “the craziest book I’ve written for awhile – an emotional swing away from realism,” following his autobiographical *Joseph Anton: A Memoir*. His new book soars into a world of fantasy and fable, dazzling and teasing the reader in this contemporary, cunning version of *One Thousand and One Nights* – the sum of the time in the title of Rushdie’s novel. It’s also a world that’s familiar to him.

“What made me fall in love with writing, with reading,” he says, “was my childhood experience of these ‘wonder tales’ – a wonderful gift to a young person who becomes a writer to have all this in his head.”

“All this” includes the fairy stories, tales within tales, enchantments, horrors, heroes, eroticism, comedy, conflict between good and evil, between the world we live in and the world that lives within us. The story spans centuries but tells of a time in flashback, not far off, when a slit opens between the human world and the world of *jinn* (the Arabic term for fairies from which genie is derived).

Although drawing on the wonder tales he grew up with as inspiration, he explains, “I wanted it to be a



novel about now. I didn’t want it to be a novel about medieval times with genies and sultans. The jinn had to be 21st-century jinn.

“The world is changing so fast,” he says. “Some game is being played, and we don’t know what the rules are.”

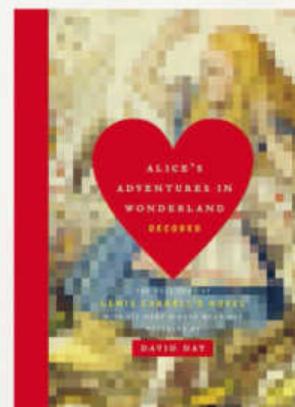
Missing in the novel, intentionally, is Scheherezade, the storyteller who escaped her fate, her *fatwah*, by spinning tales, just as Rushdie’s fame as a storyteller protected him. He sees this another way as well: the stories he tells protect him from being seen mainly as a celebrated target.

“The effect of the fatwa was such a noise event,” he says. “It gets in the way of people’s seeing my work for what it is. My only way of dealing with it is to go on telling stories and shift attention back to my work and finally be read as a writer and not as some kind of political story.” —JG



Curiouser and curiouse...

Finally, a *real* birthday grand enough for one of the Mad Hatter’s tea party toasts. It’s been 150 years since young Alice tumbled down the rabbit hole into the fantastical wonderland of smoking caterpillars and tyrannical playing cards. Author David Day marks the occasion with *Alice’s Adventures in Wonderland DECODED* (Sept. 29), an artfully designed compilation that includes Lewis Carroll’s story along with Day’s meticulously researched notes on the real-life inspirations behind the characters and events. Adorned with spectacular illustrations, it’s a fresh and modern look at a timeless tale that’s thrilling enough to make the Cheshire Cat grin. —MC



FEELING SUPER

SUPERHEROES ARE ALL THE RAGE these days, but where are all the seniors? Oh, right – *Our knees ache, our eyes are blurry and we want to be close to a bathroom!* Fear not, budding crime fighter! The latest in high-tech will turn back the clock and have you doling out vigilante justice in no time. Or at least have you off the couch and to the bathroom and back before the commercial break is over. Either way – justice prevails!



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WICKED WEAPON!

Ostensibly invented to defend against wild animals, the **Stun Cane** is the perfect non-lethal weapon to add to your crime-fighting arsenal. Use it as a regular, garden-variety cane while disguised as your hobbling, mild-mannered, pigeon-feeding alter ego. Then shock those punk whip-snappers with one million volts of electricity that will leave them effectively dazed, immobilized and wishing that they never brought 12 items to the 10-items-or-less express check-out line. *\$80, www.canadaammo.com*



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Tech Alexander Joo

ages momentum and kinetic energy to operate, instead of using your body's own energy supply, which you'll need to make robot sound effects. *Available 2016, US\$12,000, int.eksobionics.com*

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screen inside the lens. Use the embedded HD camera to record evidence of law-breaking hooligans, then chase them down while tracking speed, distance travelled, heart rate and GPS positioning on a map. Connect it to your smartphone and take calls from the chief of police while reading text messages from your grandson who thinks you've been gardening for the past six hours. *US\$700, recon instruments.com*



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The Meaning of Life

ALITTLE OVER a century ago, the French artist Paul Gauguin painted a haunting canvas. It shows various figures, male and female, young and old, clad and unclad, against a Polynesian background. It also features a mysterious idol, a dog, two cats, a goat and a curious-looking white bird. In the upper left-hand corner, the artist etched an inscription that is both the title and an explanation of the work. It reads: *D'où venons-nous? Que sommes-nous? Où allons-nous?*

Where did we come from? Who are we? Where are we going?

The painting was Gauguin's attempt to address a question that has dogged philosophers, scientists and theologians since ... forever. In four words: why are we here?

Me? I've spent a lifetime trying to infuse my existence with some grand purpose. When I was a tadpole, growing up to be a rootin'-tootin' cowboy seemed like an enviable destiny. Just me, my hoss and my trusty six-gun dodging tumbleweeds out there on the lone prair-ee.

Turned out there wasn't a huge market for freelance pistol-packing cowpokes, so I shifted my dreams from the wide open spaces to downtown Toronto. Specifically to that house of worship known as Maple Leaf Gardens. I reckoned my life purpose would be satisfied once I became a star forward with the Leafs. The fact that I skated on my ankles, couldn't raise the puck and used my stick as the third leg of a tripod to keep myself erect didn't dampen my enthusiasm.

Toward the end on my teenage years, the cruel truth dawned: that Leaf scout was never going to call. Reluctantly, I hung up my skates. Right next to my coiled lariat.

I realized that I was probably aiming too high. I didn't need anything as rarified as a Purpose In Life. All I needed was a road map.

Isn't that what all our lofty "isms" provide? Name your flavour – Protestantism, Catholicism, Communism, Taoism, Antidisestablishmentarianism. They're all just glorified road maps to life.

Still, I was confronted with a bewilderment of choices. Existentialism? Too abstract. Socialism? Too mundane. German Neo-Kantianism? Ach. I needed something more ... grounded.

I resolved to Find My Bliss through country music.

I know, I know. It's cornball, whiny, cloying, soppy and sentimental but, every once in a while, country music can be as poignant as a first kiss, as potent as a Manny Pacquiao right cross to the heart.

There's an old Kenny Rogers tune called *The Gambler*. Its refrain goes:

*You've got to know when to hold 'em
Know when to fold 'em
Know when to walk away
And know when to run
You never count your money
When you're sittin' at the table
There'll be time enough for counting
When the dealin's done.*

That's a pretty decent life road map. The card-table savvy contained in

those 44 words will guide your ship as well as any quotation from the Bible, the Koran, the aphorisms of Confucius or the Dhammapada of Buddha. Indeed, India's first prime minister, Jawaharlal Nehru (who I'm pretty sure never played a hand of Texas Hold 'em in his life) said: "Life is like a game of cards. The hand that's dealt you represents determinism. The way that you play it is free will."

Mind you, there's another school of thought: screw the road map. After all, the great early explorers – Magellan, Columbus, Cabot, Champlain explored without charts. Every day was *Terra Incognita*. They just ... pushed on. I wonder

"Isn't that what all our lofty 'isms' provide?"

which "ism" they subscribed to? Adventurism perhaps.

Charles Schultz was a charter member of that school. The cartoonist who gave us *Peanuts* once said: "My life has no purpose, no direction, no aim, no meaning, and yet I'm happy. I can't figure it out. What am I doing right?"

Perhaps Mister Schultz figured out the real secret of life: it's not a high-stakes poker match. More like a game of 52 Pickup. ▀

Arthur Black is the author of 18 books of humour and a three-time winner of the Stephen Leacock Memorial Medal for Humour.

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First Things First

AREN'T YOU WORRIED you'll be lonely?" friends asked before I moved to Paris last June knowing no one. "God, no," I said. "I'll have time and energy to date." Thanks to modern technology (*bonjour*, OkCupid and Tinder), this was my chance to explore Paris's age-appropriate single men. And explore I did, going on a first-date bender as soon as I arrived. Call it Operation Meet Frenchment.

Mind you, the very first date was with a man I'll call Scottish Guy, who I was meeting after months of emailing before my plane touched the tarmac. Online, our intellectual compatibility was bang-on, so high hopes were unavoidable. In person, he was kind and witty as expected, but the price you pay for online flirtation is postponing that essential litmus test – chemistry or not? In this case, sadly, not. When I told him I'd be chronicling my romantic life in this column, I saw Scottish Guy's face fall, but he soon rallied. Not to be cynical but in Paris, there's always someone else. I asked him about differences between Anglos and Parisians. "Dating is theatre here," he explained.

Realizing that no second date was in the cards with Scottish Guy, up went my profile picture. What followed were eight dates in four weeks: some not so bad, some not so good, all interesting for what they taught me about what I wanted, didn't want and could expect from Parisians.

One conundrum is that 50-something things seem to be of two separate generations. Take Yves, 58, a corporate headhunter who thoughtfully chose a café near me for 6 p.m.

Saturday mineral waters. "You're charming," Yves kept saying, but I could tell he meant it objectively not subjectively; we were of different ilks. Silver fox Yves was as handsome and composed as a grandfather in an L.L. Bean catalogue. I still giggle, play, sleep late and collect jeans and sneakers. There was no real connection, so accepting another invitation from Yves felt opportunistic, considering I was scared at the thought of him without his nice blue shirt on.

I need a degree of crush to consider a date a success – to want to sit closer, bat my eyes, find an excuse to touch his hand, forearm, knee. I need there to be something intoxicatingly cool about the man in question. I deleted my OkCupid profile to focus on Tinder where I sensed more of my tribe were hanging.

Up first was Denis, a conceptual photographer. He was gorgeous in a hip, rough way I could relate to, as was the bar-on-a-barge he chose for our date, but I'd come to Paris to revel in polish not scruff, so I kept looking.

Next up was lawyer Thierry, elegant in his blue linen suit but too eerily poised for me, the unwelcome flip-side of perfect attire. I was too goofy for him. "À bientôt," Thierry said after a swanky lunch, my first *see you soon* that was code for *see you never*.

Then came architect Thierry with swept-back Beethoven hair who lives one *arrondissement* over. This Thierry was a close call once I dipped into some rosé and gave in to that first-date relief you feel when you confirm each other aren't ogres. But in my heart of hearts I knew courtly, portly Thierry wasn't my speed;

furthermore, my health-nut ways would do his butter-loving head in. Mature solution: no shenanigans. I continued to find all this fascinating rather than disheartening, despite Pierre-Yves who tried to barge up to my apartment after our Tinder match, then complained I was bony. Followed by embittered Christian who bailed after 20 minutes when his son called.

I began to feel like a venture capitalist hearing out pitches before deciding where to invest seed money. Did he mind that I lived in a microscopic apartment and wasn't sure how long I'd stay in France? Had he showed a hint of wit and worn a nice-

"Call it Operation Meet Frenchmen"

looking shirt in his profile pic? "On first dates, it's your job to judge," a pal back in Toronto who knows playing the field has never been my thing, reassured. Everyone I cut loose pre- or post-date took it like a *gentilhomme*; Frenchmen understand dating is scouting.

To complicate matters, I'm homesick. Monsieur Right will have to tick a lot of boxes to inspire me to stay in a country I can't yet imagine feeling like home. What do I need other than a generous, open-minded attitude to my fellow man and good old endorphins to take it to a second date? Someone I get, who gets me, who I want to kiss. I still have 10-and-a-half months to find him. □

LouLou is a freelance writer living in Paris.

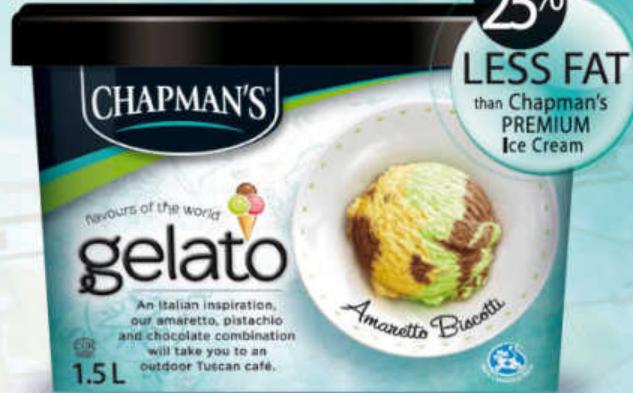
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The Fix Is In

WHEN THE ENORMOUSLY popular online sports columnist Bill Simmons fled ESPN earlier this summer to sign on with HBO – where he will host a weekly talk show – he left a gaping void for readers who loved his insightful analysis and hilarious takes.

Known as the Sports Guy, he parlayed his small Boston-based blog into a North American Internet sensation, combining sports talk with pop culture observations in a weekly brew that garnered him millions of followers. One of Simmons' best-known premises was his desire to be appointed Sports Czar, giving him far-reaching powers to arbitrarily change anything he felt would improve sports. His first move (who could argue?) would be to ban all sideline reporters.

So to honour the Sports Guy and his decade of entertaining readers, I'll steal his idea and appoint myself Sports Czar for a day. After rubber-stamping his sideline reporter ban, here are five ways I'd fix sports.

1. Restrict replay The improvement in camera technology has immeasurably enhanced the way we watch sports, no question. But it's also led many leagues, particularly the NFL, to use it to review every close call. Repeatedly stopping a game for replays is a complete buzz kill. That dreaded phrase "the play is under review" is about as exhilarating as "the dentist will see you now."

How to fix it Give each coach one replay challenge per game. After that, let's leave it up to the refs.

Debating bad calls has always been a fun part of following sports. No one ever reminisces fondly about a replay.

2. More Bob Cole The 82-year-old broadcaster has been calling games for *Hockey Night in Canada* since 1969. Recently, critics are complaining that the legend is losing it, saying he's too often confused during the action. Cole's strength was never his accurate representation of events but his uncanny ability to capture the moment better than any other play-by-play man.

How to fix it Allow Cole to call games as long as he wants. If necessary, give him one of the Rogers executive jets so he can fly back and forth from St. John's for every Saturday night game.

3. Free the CFL When TSN shrewdly bought exclusive rights to broadcast CFL games, it provided a steady injection of money into an almost bankrupt league. But it also meant that only those with TSN in their TV packages could actually view a game. There are legions of former fans who haven't seen a game in years and pine for the unpredictable, yet highly entertaining, zaniness the CFL was known for, a quality that you just won't find in the overly game-managed NFL game.

How to fix it Force TSN to cut a deal with the CBC (similar to the Rogers/CBC hockey agreement) that allows at least one game a week to be shown by our national broadcaster.

4. Not naming, shaming Baseball has an annual ritual that absolute-

ly must end. Each year, the writers responsible for deciding who gets into the Hall of Fame go public explaining their "agonizing" decision to exclude all known steroid users from the HOF. As a result, some of the biggest baseball stars of all time – Barry Bonds, Roger Clemens and Mark McGwire – are missing from a shrine whose sole purpose is to honour the, uhhh, biggest baseball stars of all time.

How to fix it Let the cheats into the HOF, purely for their on-field accomplishments. Explain on their plaques that they were caught using steroids during their careers. Failing that, paint big scarlet "S" on their memorials – humiliating them forever for their shameful deeds.

"Allow Cole to call games as long as he wants"

5. Arm the team The Toronto Blue Jays frenzied trade-deadline manoeuvres have made the team relevant on the national sports scene for the first time in more than two decades. The team's success rests largely on the arm of pitching ace David Price, who is, unfortunately, a free agent at the end of the year.

How to fix it Break the bank and sign Price to a long-term deal. Otherwise, the Jays resurgence could turn into a one-hit wonder. □

Peter Muggeridge is a senior editor at *Zoomer* magazine who blogs on sports at everythingzoomer.com.

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Back to the Future

IT WAS A DINNER that triggered a flood of memories from our early careers. I had known vaguely that my friend Barbara Cole started in print journalism, as I did, but I had no idea about the hilarious details that reminded me of my own adventurous beginnings in the business. Barbara is an award-winning artist whose work focuses on arresting images taken underwater. She honed her talent during the decade she worked at the *Toronto Sun*, a job she landed at the age of 19, when the paper was a start-up. Barbara was working as a secretary. She had done some modelling and had appeared in a bridal supplement for the *Sun* when she was called in for an interview. "I was told that if I took the job – *if* – I would have to go to Paris and Milan for the shows and come up with themes for fashion spreads every week," she told me. "I was stunned." Barbara's mentor was the women's editor and columnist Joan Sutton. When I was hired as a correspondent in the Tel Aviv bureau of the Associated Press about six years later, mine were men.

At least I knew why I got the job. At that time, most of the news that went out on the wire was taken directly from local media. Unlike my bosses from the American Midwest, I knew Hebrew well enough to translate simultaneously from radio and television and read the papers quickly. "I had a meeting with the guys and asked if they thought it would be okay to hire a woman," the bureau chief told me during my third interview. "They agreed it would be all right if we pay

for you to take a taxi home after your shift. You're working 4 to midnight."

"You'd be put in leg irons for saying that today," observed my husband, Doug. Back then, I held my tongue and took the cab fare. My job centred around the very unglamorous task of translation. On my days off, I got to go into the field – usually in the company of an older male correspondent with a car and an expense account. One day, we went looking for the first West Bank settlement the government considered illegal. I was with *L.A. Times* correspondent Dial Torgerson. We teased out directions from local residents by communicating in a combination of their broken English and my rudimentary Arabic. But we were still hours away when we hit roadblocks. I wanted to turn back right then, but Dial wouldn't. We ended up walking for five hours before we found the place. My language skills came in handy. As we were avoiding the soldiers in the area, I heard one of them ask the other in Hebrew: "Should I shoot?" I started yelling to identify us, and they did not prevent us from reaching our destination and getting our story. In addition to a feature under my byline, I did my first radio documentary, which was broadcast nationally here in Canada.

When Barbara arrived in Paris for her first shows, the invitations were not waiting for her, as promised. "I thought that if I called the paper for help and didn't handle it by myself, I'd be fired on the spot," she recalls. So she joined the huge lineup. When the gatekeepers asked who had invita-

tions, people started waving theirs in the air. "I snatched one out of someone's hand and literally crawled to the entrance on my hands and knees so I wouldn't get caught," she told us. "I couldn't go back without the story."

I am not usually given to nostalgia and reminiscing. But the exercise made me wonder if our younger selves would recognize and like the women we have become. Would they think we are enough? Barbara and I were game girls who did what we had to. But we were also lucky, entering the profession at a time of expansion, when it was opening up to women in large numbers for the first time. These days, it is much tougher

"Would our younger selves recognize us now?"

because the media business is mostly contracting, as it responds to disruptive technology. But I think it is never easy to break through, in any career. It takes a combination of talent and timing, connections and creativity, perseverance and chutzpah. Most of all, it takes an experienced boomer willing to give a young person a break.

"To this day, I don't know why Joan gave me the chance," says Barbara. "I keep meaning to take her to lunch to find out." ■

Libby Znaimer (libby@zoomer.ca) is VP of news on AM740 and Classical 96.3 FM (ZoomerMedia properties).

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When Candidates Come Knocking

I AM A CARP MEMBER. Tell me what you will do to fix [fill in the blank]." In this federal election campaign, with the parties in a dead heat at press time, there is no better time to get the candidates talking about our issues.

So CARP will be issuing door hangers (see it on page 92) to all our members to use to help shape the conversation on their doorstep rather than let the candidate drone on with talking points.

When a candidate knocks on our doors, they will need to answer to the voters' priorities, like the high cost of drugs or lack of help to care for loved ones. Refreshing idea! Disruptive even.

CARP members do not define themselves in the ways politicians do – they are not just taxpayers, they are not just the middle class, they are not even just seniors. The electorate may have been focus-grouped to the nth degree but at the doorstep – it's just "you and me." Each vote counts the same.

But our vote will be counted as we will actually get out to the polling stations and, while the tight race should increase turnout, older Canadians will still weigh down the ballot box.

So listen up! This is the generation that grew up in the decades of great social change brought on, not by beneficent dictators, but by direct citizen action, signing petitions, wielding placards and poking a finger at even the prime minister of the day. Now that they're grown-

ups, the "forever-young" generation still wants what it wants, but those wants are tempered by the realities they now face – whether in their own lives or more prominently, in the lives of their parents. And they ask themselves: is this what's in store for me? Is this what I want? Hell, no!

Average citizens have little idea (okay, no idea) how to fix the problems in their lives if it involves the bureaucratic behemoth. The high-flying executive who finds out his mother has just been diagnosed with dementia finds his life is turned upside down, just like you and me – because our health-care system is woefully difficult to navigate and not ready to deal with the growing numbers who will need specialized care.

We are still a democracy even as government has grown so big and complex as to shield our erstwhile governors from the people. According to every one of the expert reports issued recently – whether on home care, drug costs or end-of-life care, the grand poobahs who have been merrily spending \$230 billion of our hard-earned money in the health-care system are still unable to meet the most consequential of our immediate needs – caring for life partners and parents who gave us everything when they are struck with a chronic, debilitating illness or facing their very last days.

This has to change, and it will if boomers have anything to say about

it. The first few boomers turned age 65 in 2011. The baby boom lasted 20 years in Canada when more than 8.2 million babies were born, an average of close to 412,000 a year. So each year, a few hundred thousand Canadians will enter that heavy voting category of seniors. Together with our immigrant cohorts, 9.6 million persons, or close to three Canadians out of 10 (29 per cent) were baby boomers in 2011.

Then, assuming boomers were born and not hatched, they have parents that they now need to care for and care about them. In 2011, 3.1 million people, about one in 10 Canadians, or nine percent, were parents of baby boomers. These people were aged between 71 and 92 in 2011.

"Change it will if boomers have anything to say about it"

Last but not least, the boomers' children – generation Y or echoes – number 9.1 million, or 27 per cent of the total population. Gen Y were between 19 and 39 in 2011.

So if we move from the core heavy voters: parents of boomers, add boomers moving into heavy voting territory and include their influence on their children – well, you do the math. The candidates certainly should. 

Susan Eng is executive vice-president and chief operating officer for CARP.

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How To Talk To Your Doctor About Medical Cannabis

Dr. Robert Sealey and Dr. David Hepburn, general practitioners in British Columbia, share their knowledge and clinical experience with medical cannabis. Here's what you should know for your discussion with your doctor.



► YOU DON'T HAVE TO GET HIGH TO GET HELP.

TO GET HELP. There are over 100 different compounds called cannabinoids in the cannabis plant. Many are non-psychoactive and don't cause you to get "high." It depends on the percentage of THC (the psychoactive component) and the percentage of CBD (the non-psychoactive component). Hepburn says, "The number one thing people are concerned about is that they don't want to get high, they want to get help. And they can have it. For some cannabinoids, you can take massive doses and not have a single psychoactive effect. The art of taking cannabis is knowing what combination of cannabinoids is best for what condition."

► START LOW AND GO SLOW.

When it comes to how much cannabis to take, Sealey and Hepburn advise starting low and going slow—just a little bit and the least amount necessary. They suggest beginning with one or two inhalations from a vaporizer. Patients can adjust the dosing and determine what works for them. A little bit goes a long way, so it's not costly.

► YOU DON'T HAVE TO SMOKE IT.

There are other delivery mechanisms for cannabis. Sealey and Hepburn recommend using a vaporizer because the cannabis isn't combusted like it is with smoking. "There's a 700-degree difference between burning the product and all the potential carcinogens versus vaporizing it. It's very high-tech. You can adjust the temperature to bring out the cannabinoids we want," says Sealey. Edible cannabis oils are now legally available as well, ideal for people who would have a challenge with vaporization, including children and those in palliative care.

► OTHER ZOOMERS ARE ASKING.

It's the baby boomers and beyond that Sealey and Hepburn say is the demographic asking about cannabis. "The people we're seeing are typically treatment-naïve and they've tried all sorts of other medications physicians have prescribed for various conditions. Their back is up against the wall and they're looking to get help with an alternative," explains Sealey.

► MEDICAL CANNABIS IS LEGAL.

Any physician in Canada can prescribe it.

► LEARN ABOUT YOUR ENDOCANNABINOID SYSTEM.

We all have cannabis in our bloodstreams. Our bodies produce a natural cannabis, and we have cannabinoid receptors scattered throughout the body—in the brain, the nervous system, tissues and organs. Medical cannabis works by harnessing this system.

► THE CANNABIS PLANT IS SAFE AND NON-TOXIC.

Cannabis is safe because the endocannabinoid system has very few—if any—cannabinoid receptors in the brainstem (which regulates respiration and heart rate). On the other hand, the body's opiate system has many opioid receptors in the brainstem. These receptors get bombarded when we use strong painkillers (opiates), and people can overdose. As Hepburn reassures, "Nobody has ever died from cannabis, so the safety profile of it is dramatic. The big three—safety, tolerability and efficacy—all address quite well here."



Doctors and patients have access to licensed producers' staff pharmacists to help make informed decisions about medical cannabis as a treatment option.

Cannabis oil, an edible alternative to dried cannabis, is now legally available in Canada. CanniMed Ltd. has a variety of pharmaceutical-grade cannabis oils with different concentrations of THC (delta-9-tetrahydrocannabinol) and CBD (cannabidiol).



► DO YOUR OWN RESEARCH.

Sealey and Hepburn recommend Googling your condition and cannabis to find out what's being done. Take one article to your doctor to open up the discussion. "Hopefully doctors are open-minded and humble enough to realize that we don't know everything and that we continue to learn from patients, to listen to the patient," says Hepburn. Medical evidence is growing quickly, with over 12,000 journal articles and robust clinical trials showing cannabis to be beneficial.

► IT CAN REDUCE PILL BURDEN.

Medical cannabis can help ease patients off medications like painkillers, tranquilizers, sedatives, hypnotics, sleeping pills and benzodiazepines—medications that doctors don't like to prescribe because of the potential for long-term side effects. Cannabis even boosts our body's own production of natural painkillers. "The fact that we can reduce opiate medications makes cannabis a harm-reduction strategy in the long run," Sealey points out.

► YOU ARE RESPONSIBLE FOR YOUR HEALTH—NOT YOUR DOCTOR.

If your doctor isn't comfortable prescribing medical cannabis to you, ask why you're not a good candidate and request a referral to a physician who can help you. "Your doctor doesn't wake up in the morning thinking about you and your health," Hepburn says. "Sometimes you have to be a pleasant squeaky wheel."

► MEDICAL CANNABIS IS NOT A RECREATIONAL DRUG.

It's designed to be used as a medicine. The doctors separate medical cannabis from the recreational drug culture, steering clear of words like pot, weed and toke. Hepburn explains, "We don't want you to translate that you're going to take cannabis and suddenly you're entering into the Cheech and Chong clinic of medicine."

► LICENSED PRODUCERS PROVIDE ADVICE.

If your physician hasn't prescribed medical cannabis before, they may not know which balance of cannabinoids and dose to prescribe. Licensed

producers have pharmacists on call to give you and your doctor advice about strains and doses.

► IT MAY HELP YOUR SYMPTOMS OR CONDITION.

Pain, neurological conditions and psychiatric conditions are the top three prescribed uses of medical cannabis. These include fibromyalgia, arthritis and neuropathic pain; multiple sclerosis, epilepsy and headaches; and anxiety, post-traumatic stress disorder and insomnia. Sealey emphasizes, "Medical cannabis isn't the number one treatment for necessarily anything. But it could fit in as a second- or third-line treatment when something else fails or there are intolerable side effects from the standard medications." Hepburn says, "If the worst thing that happens with a patient with a chronic condition is that they feel better about it—is that a bad thing? The answer is no. It may not necessarily cure pain or cure a condition. But they feel better dealing with that chronic condition than they ever have."



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Zooming

THREE'S A CROWD

IN THE PAST FEW ELECTIONS, we could confidently assume where the three main parties stood on economic issues. The Conservatives would appeal to their constituents on the right by delivering a platform that clamped down on spending, slashed programs and balanced budgets. The Liberals, meanwhile, would stake out their usual centrist position, promising to spend big on social programs while quietly making cuts when no one was looking. And the NDP would earnestly remain true to their left-wing loyalists, offering a more radical economic agenda that always made voters leery of giving them the keys to 24 Sussex. If those labels ever made sense, they certainly don't apply in this election. During Stephen Harper's nine-year reign, health care and social services spending has actually increased (by 62 per cent), the number of employees on the federal payroll has gone up (by 2.8 per cent) and costly new programs have been rolled out (the Canada Child Benefit, which costs a cool \$4 billion more than the program it replaced). Thomas Mulcair, sensing his chance of victory never greater, has edged his NDP toward the middle, watering down the party's socialist agenda and promising prudent spending, no hike to personal taxes (!), tax cuts for small businesses (!!) and tax breaks for manufacturers (!!). That leaves Justin Trudeau to cast himself as a reconstructed Robin Hood, pledging to rob from the rich and give some of the spoils to the poor but the bulk of it to the middle class. So, if you're scoring at home, this means each party has abandoned their traditional economic platforms in order to make a mad dash toward the centre of the political spectrum. All of which has left voters unsure where to turn and pondering this mostly pointless election. —Peter Muggeridge



"If you can't convince them, confuse them."
—Harry S. Truman



PENSION TENSION

Opinion

Why the status quo has to change!
By Judy Gerstel

AND ONTARIO LIBERAL premier and a Tory prime minister up for re-election sucker-punching each other over pensions for the peasants ... er, little people.

Excuse me while I find something more interesting to contemplate, like whether the tomato plants' yellow leaves signal blight.

And speaking of blight and pensions in successive sentences brings me to the topic of public sector workers and, especially, teachers.

The average retired teacher in Ontario receives a pension of \$48,000. Ditto for the federal government employee who, after work-

ing for 35 years at a salary of \$55,000 to \$65,000, can retire at the age of 58 with an annual pension of \$43,519 per year. (Thanks to the *Ottawa Sun* for those 2012 figures.)

The real change that needs to happen regarding retirement income is not a paltry Ontario Registered Retirement Plan. Harper is probably correct in suggesting that taking more money away from people, especially young families, and employers right now is not a brilliant move. For people living from one payday to another or saving to buy a home, putting more money into a pension fund today is more of a burden than a blessing, no matter how Wynne spins it.

She's right, however, about one thing: something has to change.

The real change that needs to hap-

pen is bringing compensation and pension income for public sector workers more in line with what the rest of us get.

And then, use that saved money to boost the Canada Pension Plan for everybody.

But don't hold your breath. Public sector workers are a powerful force in this country: just ask former Ontario Conservative leader Tim Hudak whose vow to cut 100,000 government employees undoubtedly cost him the last election.

Wynne, no doubt, will be adding even more public sector employees to administer the ORRP, workers who will in time be entitled to pensions vastly more generous than the amounts they'll be doling out to the peasants ... er, little people.

Unless something changes. □

The Ontario Proposal

IN AUGUST, Ontario Premier Kathleen Wynne inserted herself into the federal election campaign when her Liberal government announced it would implement a provincial pension plan. Immediately, Prime Minister Stephen Harper wrote off her Ontario Retirement Pension Plan as an "enormous tax increase." Wynne responded that Harper was "standing in the way" of pension reform. Although it hasn't been passed into law, the ORPP should look something like this. The plan is designed to act in conjunction with CPP to provide Canadians with a more financially secure retirement. When it's fully phased in, workers will contribute 1.9 per cent of their income (up to \$90,000) and their employers will match that contribution. Enrolment in the plan will be mandatory, except if you're in a company that has a comparable pension plan or if you're self-employed. Although Wynne went public with the ORPP, plans could be put on hold depending on whether the Liberals or NDP form the next government. Both parties have promised to broaden the Canada Pension Plan, which may render Ontario's moot. —Peter Muggeridge

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Finance

Risky Business – or Not?

Gordon Pape on low-risk ETFs

RISK IS A four-letter word, not to be spoken in polite company – especially if the topic of conversation is retirement savings.

Thousands of older Canadians learned this when they saw their savings decimated in the crash of 2008, forcing some to delay their retirement plans and others to implement painful lifestyle changes to make ends meet.

If anything, the danger is even greater now. With interest rates near record lows, people are reaching for yield in an effort to obtain better returns. Instead of putting their money into safe, secure guaranteed investment certificates and government bonds, they're buying dividend stocks and high-distribution funds. That spells risk.

Not even the bluest of blue-chip stocks is immune to a market meltdown – banks, telecoms, utilities, REITs (Real Estate Investment Trusts), even preferred shares collapsed against the wave of sell orders. Most people who held on eventually recovered their losses, but those who panicked and sold were hit hard.

What can be done? For starters, increase the fixed-income weighting in your portfolio. That's most easily done by using exchange-traded funds (ETFs) or mutual funds. I know returns on these securities are the pits right now. But they provide an important cushion in the event that the stock market heads south once again.

Next, take a look at new ETF products that have been created with the express goal of reducing market risk. Industry leader iShares offers

THE TOP FIVE

Returns are to June 30, 2015.

Note that none of these funds has gone through a major market correction.

1 BMO Low Volatility Canadian Equity ETF (TSX: ZLB). Launched in October 2011. **Management fee:** 0.35 per cent. **Average annual return since inception:** 19.4 per cent.

2 BMO Low Volatility US Equity ETF (TSX: ZLU). Launched in March 2013. **Management fee:** 0.3 per cent. **Average annual return since inception:** 26.7 per cent.

3 iShares MSCI EAFE Minimum Volatility Index ETF (TSX: XMI). Launched in July 2012. **Management fee:** 0.45 per cent. **Average annual return since inception:** 19.5 per cent.

4 iShares MSCI USA Minimum Volatility Index ETF (TSX: XMI). Launched in July 2012. **Management fee:** 0.3 per cent. **Average annual return since inception:** 20.2 per cent.

5 Purpose Tactical Hedged Equity Fund (TSX: PHE). Launched in August 2013. **Management fee:** 0.8 per cent. **Average annual return since inception:** 8.9 per cent.

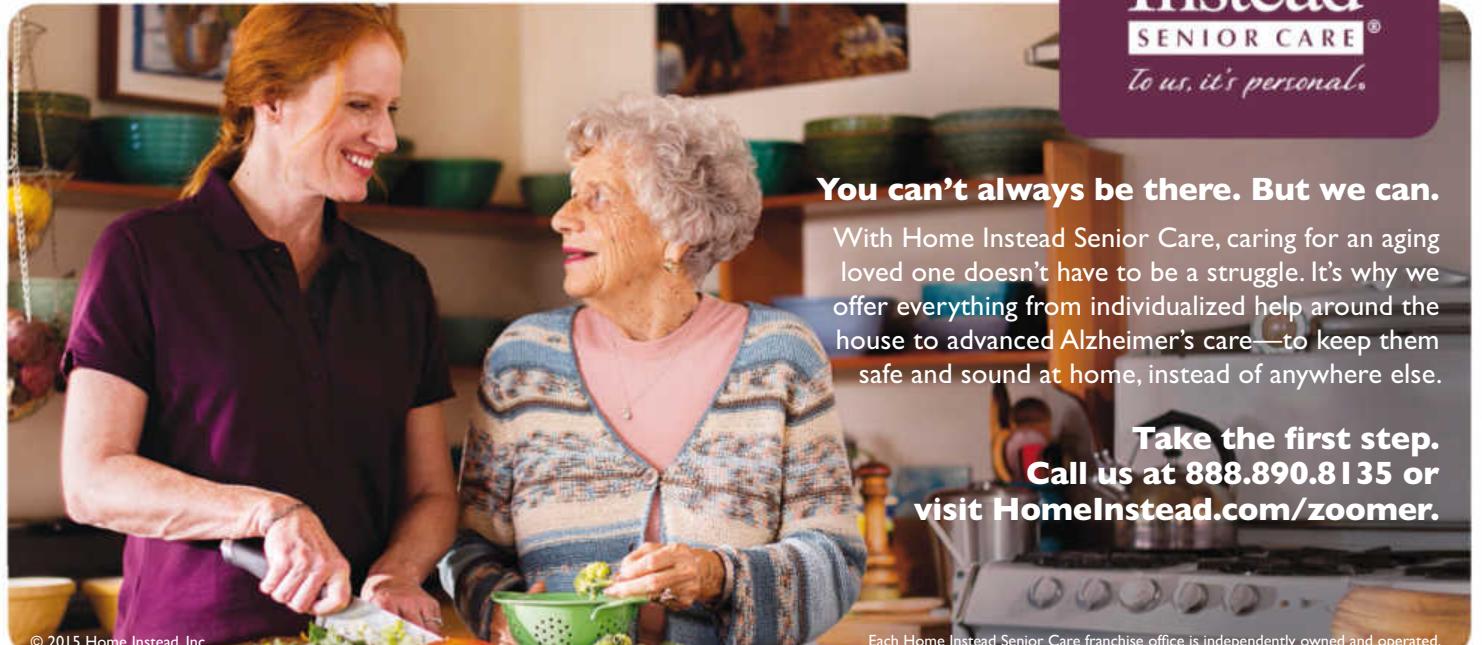
the most diversity with a suite of five minimum volatility funds.

"These funds offer a low-risk portfolio of securities as measured by standard deviation," explains Pat Chieffalo, head of Canadian products at BlackRock Canada, purveyors of the iShares funds. (Standard deviation is a complex calculation ►



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that attempts to quantify how much a stock's price bounces around compared to the norm. The higher the number, the greater the risk.) "When equities go up," says Chiefalo, "they tend to capture much of the upside, but when they go down, these funds don't decline as much."

You can see the difference by looking at the sector composition of two funds: the iShares MSCI World Index ETF, which trades under the symbol XWD, and the iShares MSCI All Country World Minimum Volatility Index ETF (XMW). The latter has much lower weightings in such historically volatile sectors as information technology and energy. Conversely, investors get more exposure to traditionally stable areas like health care, telecommunications, and utilities.

BMO also offers two low volatility ETFs, one for Canadian stocks and the other for U.S. securities. The Canadian fund holds the 40 lowest beta stocks chosen from the 100 largest and most liquid securities traded on the Toronto Exchange (beta is another measure of volatility).

Purpose Investments, a new kid on the fund block, offers two products that use hedging strategies to limit the downside in the event of a stock market collapse. Think of them as hedge funds without the high expense – the management charge is only 0.8 per cent and there are no performance fees.

It must be said that these funds haven't been tested in a major downturn. None existed in 2008 so we don't know how well they will live up to their billing when the chips are down. That doesn't mean you shouldn't use them. Just don't assume they are going to take all the risk out of your investments. □

Gordon Page is the editor and publisher of the Internet Wealth Builder and Income Investor newsletters. Visit his website at www.buildingwealth.ca.



Sean Connery poses with the 1964 Aston Martin DB5 he drove as James Bond in *Goldfinger*.

Test Drive A Car of One's Own

The practical guide to the most impractical purchase you'll ever make
By Matthew Church

IN MY FAMILY, there was an annual rite – each spring, my father would float the idea of buying a roadster: a car that only he would be allowed to drive. His musings inspired hours of fervid speculation on my part and sent me on excited after-school forays to "foreign car" dealers. I helpfully collected brochures, making and revising lists of preferred options, longing for that time he would finally take the plunge. He never did.

Like my old man, I've just assumed that I would some day get a sports car to call my own. Recently, I've been thinking that if I do it right, "someday" could occur in April 2016.

So, for those of you like me who would enjoy the DIY of it – the reading and the research, the chatting with enthusiasts and mechanics, the tire-kicking and the door-slammimg, maybe even working with the minor oily bits, here is the practical way to make one of the most impractical purchases you'll ever make. (For those readers less keen on the grease-stained aspect of sports-car ownership, I refer you to a new or used Mazda Miata – it boasts the driving experience of a true roadster with the affordability and reliability of a Japanese



Car buff forums

- www.torontotriumph.com
- www.alfabb.com/bb/forums/alfa-romeo-club-canada-arcc/
- www.fiatspider.com
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econobox. It is brilliant! Look, too, at the Honda S5000.)

The best time to buy the perfect summer car is autumn or winter when current owners have enjoyed their summer fling and now, practicality requires they sell – usually reluctantly. Any mechanical or bodywork can be done over the winter to bring it to optimal condition. It will be in your driveway and ready to roll as our salt-encrusted streets are rinsed clean by April showers.

Start with a shortlist of models from which to choose. What is the little sportster that has always turned your crank? Maybe something you dreamed of as a kid or that you once drove and never forgot. Perhaps an MGB, or a Triumph TR6, a Fiat 124 Spider, an Alfa Romeo Spider, or a Nissan Z-car, even a Corvette if you prefer driving fast in a straight line. Chances are you can find one for less than 10 grand.

Having settled on a model, the key is to learn as much as possible about it. Do a basic Google search for cars for sale in your area: listings from Kijiji, Craigslist and Autotrader will appear first, and you can get a good sense of what is available and for how much. It looks like I'll be able to find a well-maintained, operational MGB for around \$6,000.

Far and away the best resource for learning about your future runabout is the

accumulated wisdom of current owners. A passionate lot, they know their car's weaknesses, foibles and flaws better than anyone. They know where to check for rust, and how to deal with the usual oil leaks. They also love to swap stories and share remedies. And it's all online. Keep in mind too that some of these cars are dead simple mechanically and even the neophyte with a little guidance can do some basic maintenance.

Of course, there are larger issues that require a mechanic's practiced hand and dispassionate eye (crucial when deciding to buy). In any city it should be easy to locate a garage that can work on your baby. Word of mouth is your best guide, followed by a visit and chat with the mechanic. This is crucial. If yes, once you have your sights set on a particular vehicle for sale, "your" mechanic can give it a thorough going-over.

Finally, know what you are willing to spend (on the purchase and any repairs), before you start shopping. And stick to the price. There's no rush this time of year so be patient: take your time and you will land a good solid car at the right price.

That way, come next spring, as the sun emerges and the summer stretches out before you, you can drop the top, pop the clutch and feel the road come alive, the wind in your hair. □



Clockwise from top left: 2006 Alfa Romeo Spider; 1961 Chevrolet Corvette; 1974 TR6 Triumph


Case Study Dr. Zach

FOR THE AGES

aGEISM IN MEDICINE is evidenced by the declining rate of use of potentially life-saving and life-enhancing investigations as patients get older. They are less frequently screened for diseases such as cancer and bone density and are less likely to be asked about smoking and alcohol consumption. Older adults with spinal cord injury are treated more slowly and less aggressively than younger patients.

Some of these facts can be explained by the fact that older adults, on average, have more health problems. Also, some patients decide to pursue comfort care rather than aggressive treatment. However, it can-

not be denied that ageism exists in medicine. Two recent articles, one in the *Oxford Journal* and the other in the *Canadian Medical Association Journal (CMAJ)*, showed that, in many cases, under-treatment of patients is influenced by age, rather than the acuity of the illness; and that health-care professionals are less likely to aggressively treat an older patient compared to a younger one. Like many other types of discrimination, it is usually done without knowing anything important about the patient, just their chronological age.

The problem is that there is significant variability in health status among people of the same age. It is more important that people be treated based on their medical history, state of health, and their wishes. The older demographic is growing fast, and there are not enough geriatricians being trained. There are signs this may be improving, perhaps due to the same growing demographic. But it is important that patients and families advocate for themselves. Refuse to be defined by a number. □

As of October 2013, the Canadian Medical Association listed 2,523 pediatricians practising in Canada versus only 248 geriatricians, a ratio of 10 to 1

Dr. Zachary Levine is an assistant professor in the faculty of medicine at McGill University Health Centre and medical correspondent for AM740 (a ZoomerMedia property).

Grass Fed Gives New Meaning to Second-Hand Goods

Good nutrition is about more than what you eat. It's also about what you're eating eats. Research has shown cows who grazed on grass alone - as they would naturally - produced milk that's better for us as opposed to that from cows on a conventional diet supplemented with grains and fats. Matthew von Teichman knows all about feed. A second-generation farmer turned natural food entrepreneur, his family's Grandview Farms in Thornbury, Ont., went organic in 2006 and grass-fed in 2009. After success with meat - most of what isn't used for von Teichman's Life Choices Natural Foods brand fulfills standing orders from Toronto restaurants - he partnered with small pasture-raising farms throughout Canada, venturing into dairy.

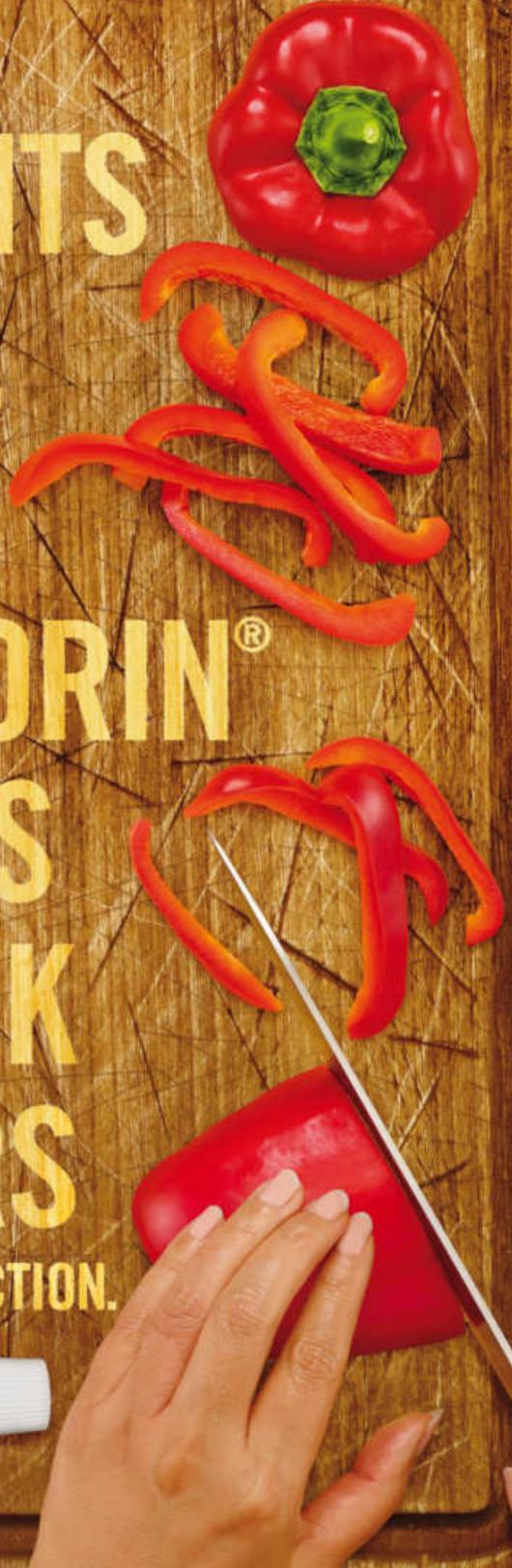
Von Teichman enlisted U of T's department of nutritional sciences to test the dietary merits of his family farm's meat as well as the Rolling Meadow Dairy products, which include milk, butter, yogurt and kefir. The grass-fed milk was found by U of T tests to have an omega-6 to omega-3 fatty acid ratio of about 3:1 as compared to an average of 10:1 in conventional milk. The latter omega counters the inflammation caused by the former, so the lower the ratio the better. What's more, grass-fed milk (and meat) can have up to five times the conjugated linoleic acid (CLA), a fatty acid linked to protecting women from colorectal and breast cancers and a lower risk of heart attack in people found to have high levels. At select Loblaws, Sobeys, Whole Food Markets and independent grocers; go to www.rollingmeadowdairy.com for a complete store listing. -Tara Losinski



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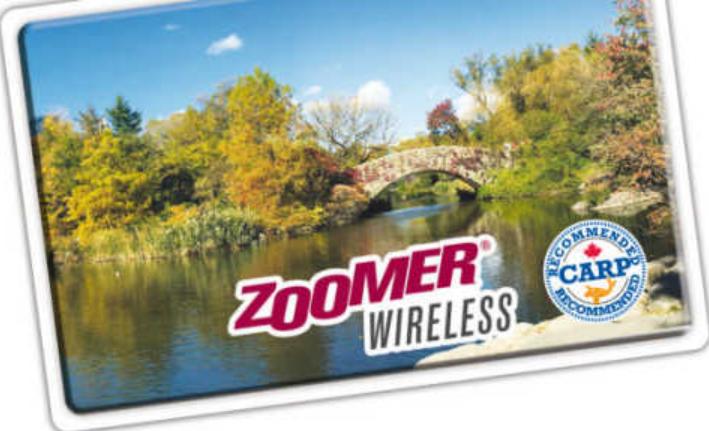
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Let It Glow

As fall arrives, so can dry, dull skin. Stay fresh-faced with these latest skin-care innovations **By Liza Herz**

IN HER FIRST television commercial as a L'Oréal spokesmodel, 69-year-old Helen Mirren, elegantly dressed in a classic trench, is offered a young woman's seat while waiting for the bus. After declaring, "Enough!" she uses her L'Oréal cream, zips up a black biker jacket, strides confidently down a boardwalk and smiles knowingly to the viewer after giving a lingering once-over to a *much* younger man.

HYDRATION

As we age, our epidermis thins, and its barrier function (protecting skin from absorbing things it shouldn't) can be compromised. Replenishing the lipids and ceramides within the skin strengthens the barrier and helps retain moisture, both for skin health and for that visible glow. **Try: CeraVe Moisturizing Cream, \$23.**

"The key to that glow is hydration," says Ellis Holevas, national trainer for Biologique Recherche, a cult favourite skin-care line. (Its superhydrating *Crème Masque Vernix, \$182*, replicates the waxy layer protecting fetuses in the womb.) Holevas recommends gently massaging one's moisturizer in with cool hands, "almost reminding the muscle of its original space" and always "massaging upwards because no one needs to help gravity," she laughs. **Try: L'Oréal Revitalift Volume Filler Progressive Revolumizing Day Cream, \$36.**



EXFOLIATION

When we're young, our skin renews itself in only 28 days but, after age 40, that process slows, while any accumulated sun damage means our cells "don't shed as uniformly and no longer reflect light as well," explains Dr. Sonya Cook of Toronto's Compass Dermatology. Daily use of a gentle exfoliating serum or lotion containing glycolic acid will speed cellular turnover to reveal newer softer skin underneath. **Try: Olay Pro-X Nightly Purifying Micro-Peel, \$40; NeoStrata Glycolic Renewal Lotion, \$39; Biologique Recherche Lotion P50 Gentle Balancing Exfoliator, \$66; La Prairie Anti-Aging Rapid Response Booster, \$335.**

ASIAN SKIN CARE

The latest skin-care innovations are emerging from Asia, where beauty maintenance is a centuries-old tradition. Today's skin-care consumers in Korea, Japan and China are beauty fanatics with an intense love of ritual and ever-newer products, so Western cosmetics companies, always looking for new ways to sell us ever more

It's all saucy wish fulfillment, yes. And yet, when the camera goes in tightly on Mirren's face, her lines are all there, not airbrushed out. But her skin positively glows.

So let us take this as the new beauty benchmark. Given that most of us start getting feathery lines around our eyes in our late 20s, spending the next half-century fighting them seems pointless. Instead, let's focus on the top five ways to achieve luminous, plumped, radiant skin.



things, are gazing eastward.

According to Florence Bernardin, CEO of Information et Inspiration, a think-tank that tracks Asian cosmetic trends, skin-care regimens of up to 12 steps are not uncommon, as women will double cleanse, double hydrate and layer product upon product to attain well-hydrated, flawless skin. In Korea, "there are even TV shows showing actresses removing their makeup," she says.

Multi-step regimens and products like essences, sheet masks and sleeping packs can seem foreign and frivolous to a Western way of thinking. Here, we tend toward brisk efficiency, the polar opposite of a culture that finds comfort and stability in ritual and complexity. But some of these additional skin-care steps and new products can be beneficial to giving drier peri- to post-menopausal skin the hydration it needs.

Even familiar North American drugstore brands are bringing their Asian successes back home. **Neutrogena Hydro Boost Gel Cream (\$20,)** a hydrator packed with moisture-holding glycerin and hyaluronic



acid that launched in Asia in 2009 and is a best-seller in the Asia-Pacific market, is now available in Canada.

Online e-shops like Peach & Lily are capitalizing on the hunger for the newest and greatest from Asia, offering unfamiliar-to-us brands like Cremolab and Tatcha while expanding our beauty horizons with products like Mizon's All in One Snail Repair Cream, a multi-purpose balm that contains snail extract for hydration and healing.

ESSENCES

One new product that may seem like nothing more than an added step but is perfect for dehydrated boomer skin is essence. "Ninety per cent of Japanese women use an essence," says Bernardin. Existing in the notional space between liquid and runny gel, essences are super-hydrators pressed into the skin with the fingers that can deliver amino acids, lipids and vitamins that hydrate skin and boost the effectiveness of any skin care you use afterwards, allowing it to penetrate more deeply. (Think of the skin as a dry sponge. Dampened first, it will more readily absorb what you put on it immediately afterwards.) **Try: Shiseido's Eudermine Revitalizing Essence, \$78; Biotherm Life Plankton Essence, \$67.**

MASKS

Martha Stewart, 73, legendary for her obsessive nature, claims to apply a hydrating mask every *weekday morning* upon waking. For those of us who like to sleep past 5 a.m., sleeping masks are the answer. Loaded with moisturizers like glycerin and hyaluronic acid, these overnight gel creams are a futuristic spin on night creams, lock-



MAKEUP FOR GLOW

Rarely do high fashion makeup trends translate for over-40 women, but the skin-centric "no-makeup makeup" that ruled the Fall 2015 runways is perfect for boomers.

MAC cosmetics senior artist Melissa Gibson recounts that backstage, before raising a single makeup brush, artists prepped models' skin by "spending a lot of time massaging moisturizer into the skin, bringing a natural flush back to the cheek to make skin look less tired, more hydrated," says Gibson. **Try: Weleda Evening Primrose Age Revitalizing Day Cream, \$43; Shu Uemura Tsuya Youthful Bouncy-Fine Cream, \$90.**

Jettison any old opaque foundations and lighten up with the new generation of tints that do double-duty to hydrate and illuminate with just enough sheer colour to even out skin tone. **Try: Cle de Peau Correcting Cream Veil, \$85.** A concealer in pencil form (**try: Rodial Instaglam Magic Pen Corrector, \$28**) ensures you apply product only where needed (under the eye area and on any spots or around the nose to blur out redness).

Instead of mucking about with contouring powders, which can look muddy, sculpt your face with light. Cream highlighters (**try: MAC Cream Colour Base in Luna or Dusk for darker-toned skin, \$25**) applied "along the upper

cheek" bounce light to define cheekbones. Use the heat of your fingers to gently melt it into your skin and, for a lit-from-within glow, also apply to "the upper temples, the bridge of the nose and on the cupid's bow of the mouth," says Gibson.

Clear pink or plum blush can appear disconcertingly vivid in the compact, but this powder, **Physician's Formula Argan Wear Argan Oil Blush, \$16**, shot through with light-reflecting pigments and applied with a fluffy brush to cheeks and temples, enlivens with minimal fuss.

A swipe of moisturizing sheer lip colour in a transparent rosy shade (**YSL tint in oil, #5, \$35**), and you're done – but not overdone. –LH

ing in moisture so you wake up to visibly plumper looking skin. **Try: Fresh Black Tea Firming Overnight Mask, \$103; Vichy Idéalia Skin Sleep Repairing Night Balm, \$52.**

For daytime moisture infusion, sheet masks are another Asian success that has been embraced by the West. These fibre face-shaped masks drenched in serum are worn for up to 30 minutes for the ingredients to infuse the skin, resulting in deeply hydrated skin. **Try: Skin Republic Brightening Vitamin C mask, \$8; Sephora Ginseng Toning Mask, \$8.**

For an even more intense dose of moisture, perfect be-

fore a party, after a flight or just to combat dehydration, Peach & Lily's co-founder Alicia Yoon employs her Sheet Mask sandwiching trick. Instead of removing a sheet mask after wearing it the allotted time, carefully peel it back, apply a favourite serum liberally underneath "perhaps something lighter-weight as your skin has just absorbed a lot of other ingredients," suggests Yoon and replace the sheet mask for another go-round. Your skin will glow as it never has before.

Yes, this may be obsessive, but the results are undeniable. □





ROYAL RENO

HE GORING – the 105-year-old London luxury hotel from which Kate Middleton (right) set out on her wedding day – has completed its renovations. After Kate checked out, the architects moved in, as did historians. A painstaking process of archival research and period style allowed English interior designers, including Russell Sage, Nina Campbell and David Linley – that's Princess Margaret's son, the Viscount Linley, to you and me – to revive heritage details, such as silk fabric wallpapers and paint colours, with never-go-out-of-style black and white marble, plush beds and mandatory modern amenities. Even the Duchess of Cambridge had a hand in it. Look closely, and you can see the silver paint flourishes Kate herself added to the mane of the playful unicorn, which, along with the lion that is part of the whimsical mural in the lobby, is emblematic of the United Kingdom's Royal Family. And with The Goring being the only hotel in London with a Royal Warrant from Elizabeth II for hospitality services, how can anyone resist being treated like a queen for a day or in fact the length of your stay? www.thegoring.com —Vivian Vassos



Savvy Traveller

1 BOOK NOW Canada's airline business has been going gangbusters. In 2016, Air Canada will add non-stop service from Vancouver to Brisbane, Australia. WestJet is fairly new to the European market, with its first flights launched in 2014, between St. John's and Dublin. It has added flights from Halifax to Glasgow, and there's more U.K. to come: the airline will fly wide-body Boeing 767-300 jets from Canada to London Gatwick next spring. Robert Kokonis, an airline expert with AirTrav Inc., says the added flights mean "great prices for passengers, guaranteed." At least for a while.

2 OFF-SEASON EUROPE, OFF THE BEATEN PATH The crowds have gone home, and the locals are more relaxed. Late fall is an ideal time to visit Europe, with rooms both easier to come by and cheaper to boot. But I often suggest folks try lesser-known destinations for even more elbow room. Valencia is a great bet in Spain, with long, wide beaches and both New and Old World architecture without the swarms of tourists you find in Barcelona. I also recommend a visit to Slovenia, a tiny country where you can dine on fresh seafood at a café on the Adriatic but also hike alpine mountains, kayak on beautiful, milky green rivers or wander through the lovely city of Ljubljana, which feels like Salzburg without the Mozart kitsch. If you prefer the medieval but not the crowds of Prague, Poland's Krakow, was recently dubbed one of the world's best cities – with the best bang for your buck. —Jim Byers



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Libby Znaimer serves as VP of News on AM740 and Classical 96.3FM (ZoomerMedia properties), where she produces and hosts "The Zoomer Report" and "The Zoomer Week in Review." A columnist for the magazine, she is also the author of *In Cancerland: Living Well Is the Best Revenge* and is active in a number of cancer-related causes.

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JAN 11	RICHARDS BAY South Africa Hluhluwe Game Reserve	8.00am	overnight
JAN 12	RICHARDS BAY South Africa St. Lucia Nature Reserve		9.00pm
JAN 13	DURBAN South Africa	7.00am	7.00pm
JAN 14	At sea		
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ON THE HORIZON

New hallmarks, new ships and more amenities. **Toby Saltzman** reports the cruise news for your get-back-on-board planning

LUCKY THE GENERATION whose zest for exploring the world and enriching their minds has the time and energy to cruise.

Current waves of change in the industry are proof positive that cruise lines are keenly boosting their brands by building new ships to secure the loyalties of passengers who may venture to different styles of cruising. For example, river cruise magnate Viking launched *Viking Star* in May 2015 to enter the ocean cruise market. Ocean cruiser Crystal, whose super-deluxe style pampers a dedicated clientele, is building two, all-suite ships to ply European rivers, starting in March 2017. Gearing to families, Disney is partnering with AmaWaterways for Danube

River cruises in 2016 and Tauck River Cruises is adding family-focused itineraries for 2017.

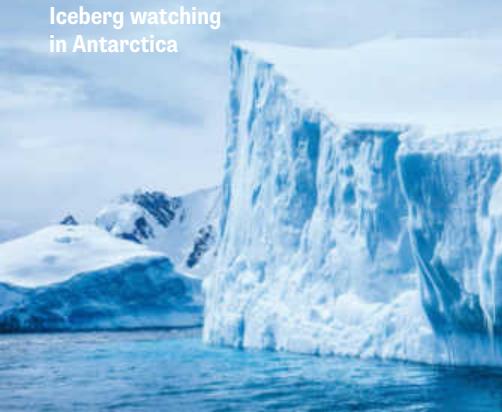
For wanderlusts, the newest slate of ships and itineraries are passages to dreams come true: designed to immerse you in experiences that transcend the ordinary and to raise your expectations of travel. And, the bragging rights are free.

1 *Silversea's Silver Explorer* is commemorating the centenary of Sir Ernest Shackleton's 1914-1917 *Endurance* expedition to Antarctica by retracing the historic Antarctic Peninsula route on voyages from Ushuaia, Argentina. Sailing in November and December 2015 and in January, February and December 2016, ports will include

the Falkland Islands, South Georgia and Elephant Island. As well, starting January 2016, Silversea will provide free WiFi on all vessels. All 2016 Silver Shadow Asia cruises will include round-trip economy air travel, transfers from more than 50 gateways in U.S. and Canada, a two-night pre-cruise hotel stay at a five-star hotel, plus free shore excursions.

2 *Viking Ocean Cruises' new *Viking Star** adds cool meaning to chilling out at sea with a Nordic spa that boasts saunas and a snowy grotto where you walk in freshly created, falling snow. Itineraries follow Viking routes in the Baltic Sea, along coastal Norway, through the North Sea, around the British Isles, along coastal France and into the

Iceberg watching
in Antarctica



Fishing villages (above),
and Fjords in the Lofoten
Islands, Norway



Baffin Bay on the
Arctic Ocean, north of
Baffin Island, Nunavut





Aldabra,
Seychelles



Inland in
Costa Rica



Rural
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Mediterranean Sea. The ship is narrow enough to sail the River Thames to London's docks at Greenwich, the Gironde estuary to Bordeaux and Normandy's River Seine to Rouen. The *Star*'s 930-passenger sister *Viking Sea* will launch in early 2016.

3 A proud partner in the 2014 Victoria Strait Expedition that discovered the HMS *Erebus* – British explorer John Franklin's lost vessel – **One Ocean Expeditions**' two 92- and 96-passenger vessels add intimate insight to two Canadian Arctic voyages. The eight-year-old Canadian-owned company's Northwest Passage itineraries focus on the historic discovery or wildlife encounters. The Baffin Island voyage takes in the Arctic's pristine wilderness and national parks. Norwegian Arctic itineraries loop from Longyearbyen, Svalbard with excellent chances for spotting beluga whales and polar bears.

4 **Crystal Cruises** is expanding its fleet with Crystal Yacht Cruises. *Crystal Esprit*, a 62-guest 3,000-tonne yacht, promises unique features including a two-passenger submarine, a 32-foot super yacht tender for boating adventures, Zodiacs for special excursions plus a marina stocked with kayaks, Jet Skis, wake boards and snorkelling and fishing gear. Starting in December 2015, itineraries include the Seychelles Islands; Dubai and the United Arab Emirates; Venice, Dubrovnik and Montenegro on the Adriatic Coast. Crystal River Cruises are slated to start in spring 2017.

5 **Windstar Cruises** has added a trio of power yachts featuring all-suite accommodations with bed and sitting areas. The *Star Pride*, *Star Breeze* and *Star Legend* – all luxuriously revamped since their former days as Seabourn cruise line's popular intimate yachts – will each carry 212 passengers and cruise to 50 nations, calling at ports in Europe, South Pacific, the Caribbean and Central America. The *Star Breeze* includes expanded outdoor lounge spaces with a counter-current pool, and a whirlpool, as well as contemporary interior venues plus a screening room that runs current movies. Among the thrilling roster of 2015, 2016 itineraries: sailing between Rome and the Dalmatian Coast and passage through Panama and Costa Rica. Starting in June 2016, *Star Legend* will also offer six cruises that visit Reykjavik, Iceland, or circumnavigate the island.

6 Cruisers can expect high class on the high seas when **Holland America Line** launches the *Koningsdam* in Europe in April 2016. The 2,650-passenger vessel features family plus single staterooms. Among the ship's innovative amenities: a French seafood brasserie; an immersive farm-to-table culinary experience; a showcase where you can discover a variety of musical styles; plus a new concept featuring 270-degree panoramic screens that project sound-and-light productions to create virtual environments at sea. After travers-

ing the Atlantic, the *Koningsdam* will homeport in Fort Lauderdale for four- to 19-day Caribbean itineraries from November 2016 through March 2017.

7 **American Cruise Lines**' authentic paddlewheelers provide new views of American history and culture by cruising the Mississippi, Ohio or Cumberland rivers. Reminiscent of paddlewheelers that connected riverside communities in the heart of America, the new 150-passenger *American Eagle* debuted in May 2015, with private balconies and modern luxuries including hotel-size bathrooms, complimentary Internet, outdoor gym and putting green. Her sister, *America*, will launch in early 2016. Varied itineraries sail from New Orleans to Memphis and St. Louis or take in the line's newest ports: Nashville, Pittsburgh and Cincinnati.

8 World cruises beckon those who've earned sabbatical or retirement status. **Crystal Cruises** is allowing passengers to customize certain global escapades. Starting with the January 2016 Grand Pacific Panorama World Cruise, round-trip from San Francisco – with calls at Alaska, Japan, China, Singapore, Bali, Australia and Hawaii – passengers may sail the 102-day route or select from 12 segments lasting seven to 22 days. In 2018, passengers aboard four distinct world itineraries – including 114-day odyssey from Cape Town to Miami and 112-day voyage from Los Angeles to Rome – may switch ships in Sydney, Australia. □



Left to right: the Santa Catalina arch; voluntourist Dave Hobbs of Cambridge, Ont., with Gabriel, the Guatemalan project manager. Inset: volunteer Patti Willis, waving, with the author



GO & GIVE BACK

Voluntourist Rebecca Field Jager takes a purpose-driven trip

AS I STOOD on the scaffolding, the faint breeze did little to combat the mid-afternoon sun. I wiped the sweat from my brow. Beyond the partially constructed concrete wall at which I toiled, a field of corn, black beans and carrots carpeted the landscape. Some 40 kilometres away, Volcan de Acatenango, the highest of Antigua, Guatemala's four volcanoes, dominated the skyline.

Having volunteered to be part of the rebar crew that day, I'd spent hours securing small pieces of wire to intersecting reinforcement bars and finally was able to carry out the task while carrying on a conversation with the woman working beside me. Although she hailed from the east-

ern tip of Newfoundland's Avalon Peninsula and I, the northwestern shore of Lake Ontario, we'd quickly found common ground.

"My husband's job takes him away," she told me, "usually for two weeks at a time."

"Do you miss him?" I asked.

"I do," she sighed. "I miss the sex but I miss the part afterwards, too."

"I can imagine," I said.

Could I have imagined having such an intimate conversation with a woman I barely knew? Frankly, the probability of forming friendships is what drew me to this trip.

As a single woman, I'm accustomed to travelling alone but often find that no matter how many miles from home I've managed to transport my body, I can't get out of my head. Immersing myself in adrenaline-pumping activities helps – it's hard to worry about the shape of one's relationships or the size of one's thighs when hot-air ballooning over New England or diving the Great Barrier Reef. But such thrills are fleeting and, afterward, when I'm left to lollygag on the beach or wander through an art gallery, I crave the connection and camaraderie of friends. Of course, a holiday hook-up would be nice, but such thrills can also be fleeting or, conversely, *too* distracting.

Although I always strike up conversations with locals and fellow tourists when I travel, lately I've been looking for vacations that offer the potential of developing deeper bonds. This nine-day excursion to Guatemala – during which, along with 20 fellow Canadians, I spent the first five-and-a-half days helping to build a classroom and the remaining days soaking up the culture, cuisine and countryside – proved to be one of them.

When I first learned about it, I had a few concerns. Would the group be mostly composed of young do-gooders handy with a hammer and nails? Laurie Myles, one of the three Canadian women who founded GiveGetGo, the travel company offering the package, assured me that most of the folks heading down were big-hearted boomers with little construction experience.

"Are they all couples?" I pressed.

"There are some couples, yes," she replied. "But a lot of people are travelling by themselves, most of them women." A potential gaggle of gal pals, I thought. Count me in.

During the "build" part of the trip, we rose early each day for a buffet breakfast on the rooftop patio of our clean modest hotel. After a brief team meeting, we'd board passenger vans that carried us to Melody School, in

Chimaltenango, about 45 minutes away. There, we'd meet with the foreman and his assistants who would keep us on track.

At noon, delicious fare prepared by women in the school's kitchen was set out – such as *caldo*, a beef soup with potatoes, pumpkin, corn and *guisquiles*; *pollo en joken*, roast chicken in a green tomato sauce; and *chile relleno*, sweet peppers surrounded in egg and stuffed with meat and potatoes. One day, as part of a "learning lunch," we gathered beneath a tree to watch a local woman demonstrate how to roll out tortillas from scratch.

Although we didn't quit until 4 p.m., time flew. Throughout the site, people worked in small teams, executing various tasks from laying concrete blocks to pouring cement. Because we were allowed to pick our job and encouraged to change it up, I was surprised that the toughest gig – mixing cement – was among the most popular. There was always half a dozen or so people gathered in a circle using spades to combine the endless bags of sand, wheelbarrows of gravel and buckets of water delivered to their feet. Interestingly, despite the arduous work, the cement crew rarely worked in silence – in fact, it was the mix-and-mingle hub of the work site.

No doubt, our efforts were made easier by the close proximity of the school children. When they were on a break, we were motivated by the sights of sounds of dozens of kids, ages three to nine, laughing and shrieking as they ran wild in the playground. When our tiny cheerleaders were in class, it was satisfying to know that the structure we were helping to build would make room for an additional 25 students.

The hardest part was when it came time to say good-bye to them. Even those who had opted to sponsor a child at \$840, an act that would see a boy or girl through a full year of school, felt as if they should be doing more.

Igor Xoyon, a process engineer and

the school's principal, was gracious. "Education is the best way to break the cycle of poverty," he said. No stranger to Canada, Igor's family immigrated here in 1986 during Guatemala's civil war. In recent years, both he and his mother, who was a teacher in Toronto, have returned to their homeland to help improve children's access to and quality of education.

WHEN WE arrived back at our hotel that day, it was time to switch modes and abodes. Our new digs, Casa Santa Domingo, was stunning. Constructed within the ruins of a church and monastery, its stone corridors gave way to lush gardens and open spaces, a pool and spa, restaurants, shops and museums. Some members of the group expressed qualms about going from helping the poor to helping themselves to all things posh. Others pointed out that because this part of the trip was not all-inclusive and only our accommodations had been pre-paid, we'd be putting money back into the economy through our meals and personal purchases. I wrestled with it, too, but I think that volunteering in general doesn't have to be a selfless act, and it's okay to get something out of it.

Located in Guatemala's central highlands 1,500 metres above sea level, Antigua is a designated UNESCO World Heritage site, founded in the 16th century. Two centuries of volcano eruptions, hurricanes, tremors and the Santa Marta earthquakes of 1773 forced the powers that be to move the capital to what is now known as Guatemala City. Left in ruins and mostly abandoned until the mid-1800s, coffee and grain production brought new interest to the region. Today, Antigua is a popular tourist town famous for its Spanish Baroque-influenced architecture, church ruins and original grid plan of 1543. According to the UNESCO website, the grid serves as "one of the ear-

liest and most outstanding examples of city planning in Latin America."

According to me, the grid serves as one of the most outstanding examples of why it's good to make friends when you travel. Instead of getting lost in the cobblestone streets by myself, there was always someone willing to get lost with me as we took in religious structures and monuments, plazas, art galleries, markets and the Santa Catalina arch beneath which a stretch of jade stores and chocolate shops, bars and boutiques beckoned. There was always a group to enjoy a meal with – be it a quick bite at a local eatery or dinner at a fine-dining restaurant. Most of us signed up for the same full-day tour, a trek up Volcan Pacaya (an active volcano that has erupted since we were there!), followed by hours of relaxation at Santa Teresita, a hot springs spa.

Were the bonds formed deep enough to last once we all returned home? The folks from Newfoundland, most of whom were strangers prior to the trip, tell me they've had a few reunions, and we Ontarians recently got together for dinner when Igor, the school's principal, was visiting Toronto. Although most of us hadn't seen each other since the trip, we soon fell into our previous ways, filling each other in on everything from our kids to our careers to the latest best and worst moments of our love lives. We had been, after all, men and women sharing close quarters and a common goal, and in my experience, when those stars line up – be it in the confines of a kitchen or a corporation or at a construction site in Central America – the likelihood of getting down and dirty is high. □

IF YOU GO Go to www.givegetgo.ca for packages to Antigua, Guatemala, as well as Tanzania, Africa. ■ For a video of the author in Guatemala, go to www.everythingzoomer.com/hammer-hammock-volunteer-travel-introduction.



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INSPIRED
SENIOR LIVING

“IT’S ABOUT NURTURING ALL THREE – the spirit, mind and body”

An interview with John Carnella, President and CEO of Verve Senior Living

Q: UNTIL RECENTLY, VERVE RESIDENCES WERE
BRANDED DIVERSICARE - WHY DID YOU DECIDE TO
CHANGE YOUR NAME?

We felt that the name Verve perfectly describes the types of environments that we are already creating for our residents – places that exude vibrancy, spirit, life and passion. So the name is just catching up to who we already are...after all, we've been doing this very successfully for a long time.

The name represents our promise to our residents: to create and maintain an environment that celebrates and honours the amazing seniors who call our retirement communities home.



Q: WHAT DOES VERVE REALLY MEAN?
WHAT'S IT ALL ABOUT?

Verve means spirited effort, so it fits perfectly with what makes us unique – our passion for service excellence. We like to say “We have the Verve to serve!” We have won many awards for our service excellence and it continues to be at the core of how we operate under the new banner.

Our 35-year track record of success results in large part from this passionate commitment to service excellence shared by those working at our residences – and it is

this difference – our people – that differentiates us from competitors.

Inspired Senior Living is how we describe what we offer, because that's what we seek to create – environments where staff and residents are inspired to experience fulfillment – whatever that means to them.



Q: SO, IT SOUNDS LIKE VERVE IS REALLY DIFFERENT?

Yes, it most definitely is.

Our promise to our residents is simple – we will listen to what they tell us (and what they don't) and we will work passionately to ensure that we create communities where everyone feels understood, honoured and celebrated every single day; we will stand beside them and support their bodies, stimulate their minds and enrich their spirits.

“Verve understands that I am still me, a whole person, with the same interests and enthusiasm I had when I was younger.” - Anna, Resident, Verve Community

Top Shelf

THE RESURGENCE OF RYE

Classic cocktails have made a comeback with the Manhattan, the Old Fashioned and the Vieux Carré appearing in bar menus around the world. These hand-crafted drinks all have one thing in common, the use of Canada's signature spirit – rye whisky. Rye is often preferred by whisky enthusiasts because its distinct character offers a taste that stands out from the other ingredients.

THE BARTENDER'S CHOICE

Award-winning Lot No. 40® is a robust, yet smooth 100% Canadian rye whisky that can form part of any great cocktail. Understanding the craftsmanship behind Lot No. 40 is key to its appreciation. Beginning with quality Canadian rye grains, it is first distilled in copper column stills, then copper pot stills to intensify the rye characters. The whisky matures in virgin oak casks, aging until the Master Blender deems the whisky ready to deliver rye spice, with notes of ripe pear, honey and vanilla.

TASTING NOTES

A well balanced blend of...



Dark Fruits



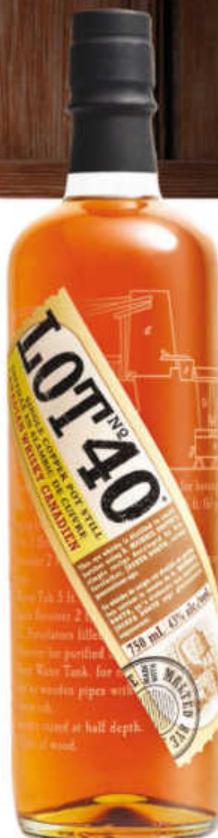
Vanilla



Toffee



Peppery Spice



Cellar's Choice



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Stoneleigh's vineyards are located in the Wairau Valley in Marlborough, New Zealand's well-renowned winemaking region. They are planted in stony soil on the site of an ancient riverbed, that is now covered in sunstones. The stones that remain soak up the warmth of the sun and release it at dusk to keep the vines warm, ripening the grapes to create a crisp and vibrant wine with fruit flavours which are distinctive to Stoneleigh.

TASTING NOTES

A crisp white wine that displays lifted passion fruit and grapefruit aromas, with overlaying mineral notes and a ripe fruit intensity.

/ SPECIAL FEATURE /

MIXING IT UP

LOT 40 OLD FASHIONED

2½ oz. Lot No. 40®
1 raw sugar cube
5 dashes Angostura aromatic bitters
splash of soda water
hard ice
garnish with orange zest

A TOP CHEF'S WINE

"Wine goes hand-in-hand with the perfect dinner party. I like to keep a bottle of Stoneleigh® Sauvignon Blanc chilled and ready for my guests because its citrus and passion fruit notes work wonderfully with a wide variety of foods. When it comes to appetizers, crostini with chèvre and bacon jam is the simplest way to impress guests and it will always be a conversation starter." -Mark McEwan

FOOD PAIRING

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Attitude



COLUMBIA PICTURES presents

ROBERT DE NIRO **TAXI DRIVER**

A BILL/PHILLIPS Production of a MARTIN SCORSESE Film

JODIE FOSTER ALBERT BROOKS as "Tom" HARVEY KEITEL

LEONARD HARRIS PETER BOYLE as "Wizard" and

CYBILL SHEPHERD as "Betsy"



“You
Talkin’
to Me?”

Bad guy. Funny guy. Actor's actor. Screen legend and family man Robert De Niro lets his career speak for itself as he talks (a bit) to Johanna Schneller

APERK OF BEING one of the greatest actors of all time: you have your own trailer. Robert De Niro has had his for about 15 years. It shows up on all his film sets. It's not tricked out, except for dozens of framed photos of friends and family. But it immediately becomes the centre around which every shoot revolves.

"It's like you're in his living room," says the writer-director David O. Russell, who has made three films with De Niro (*Joy*, due in December; *American Hustle*; and *Silver Linings Playbook*, which earned De Niro an Oscar nomination). "Part of that is the people who are there. Part is the food – he serves the best Italian food wherever he is. And a certain kind of music is playing, the best music, or a certain kind of news or movie is on the television." It's not pretentious, Russell insists; De Niro favours simplicity and humility. It's simply a physical manifestation of who he is and what he's about.

"Picasso once said, 'I like to live like a poor man who has a lot of money,'" Russell continues. "I think that's how Robert lives."

Certainly, when De Niro arrives for a 25-minute interview in a posh New York hotel suite, he doesn't look pretentious. He's wearing shorts. Olive khaki cargo shorts, an olive polo shirt, and snappy black slip-on sneakers. Everything is expensive-looking but deliberately casual. He's tanned and thin, with toned arms and legs. His salt-and-pepper hair is longish, with a slight curl; his skin clear and barely lined. He looks younger than his 72 years, sexy. He sits on the sofa, crosses his legs and orders tea with lemon.

De Niro is a notoriously tight-lipped

interviewee. I saw him on stage a few years ago at the Tribeca Film Festival, which he founded in 2002 to help invigorate downtown Manhattan in the wake of 9/11, in front of 3,000 people, and he said so little that his interlocutor was openly mopping sweat off his face. With me, he's the same. He speaks softly. He deflects. Ask him, for example, what he likes about this phase of life, and he responds, "Certain things." Ask him if violent scenes are taxing to play, and he says, "They're hard in some ways, not in others." Ask him what kind of a kid he was, growing up in Manhattan's Greenwich Village, and he says, "In some ways, I was a little wild. In other ways, I had common sense." Press him: Wild how? "It's too difficult to explain." Did you ever get in trouble? "Here and there a little bit." Can you tell me about one time? "Nah."

Somehow, his terseness isn't rude. His non-answers are affable. He makes eye contact. He maintains a pleasant expression. Occasionally, a sly smile sneaks across his face (more on that later). He doesn't seem to mind the questions. He simply doesn't care to elaborate. He does have one verbal tic, though: a two-word defence system. When he finishes an answer, he gives a slight and slightly impatient shrug (familiar to anyone who's ever seen him play a gangster) and says, "That's it." So: How do you relax? "Reading a book, going someplace quiet with the family or even by myself sometimes. That's it." Why do he and director Martin Scorsese, with whom he's made eight films, work together so well? "Marty gives you a lot of leeway. At the same time, he directs. That's it." Believe me, when Robert De Niro tells you, "That's it," that is indeed it.

Initially, it's hard to square this taciturn fellow with the artist whose trailer is always hopping. At one point, I ask De Niro if he gets through interviews by playing the role of reluctant subject. (His Everyman shorts are clearly a wardrobe choice.) "Oh, I'm way past that," he answers. But he is playing a role: that of a respected actor determined to protect his privacy. One who's figured out how to float above the fray, how to be just bad enough in interviews so no one asks him too often. How to do his duty and slip back unscathed to what he really cares about: his family, his businesses, his art. Like all his roles, he plays it well.

WE LIVE IN a golden age of acting, in film, television and theatre. Every generation has a dozen greats. Yet after six decades in the business, De Niro still hovers above them all.

"He has so much artfulness in commanding a character inside the narrative," says Michael Mann, who directed De Niro in the heist movie *Heat* (1995). "He has a sense of scale that's extraordinarily calibrated and precise. He knows how much to feel, how much to allow himself to react. It's artistic wisdom. You don't realize how perfect his perception is until you have the whole movie together. Film editors and directors wonder at it."

During the *Heat* shoot, actors like Val Kilmer would show up on days they didn't work to see what De Niro was doing. For the film's centrepiece scene, when a cop (Al Pacino) and a robber (De Niro) square off across a restaurant table, Mann ran three cameras because he knew one actor would react so precisely to the other that each take would have its own organic unity, and he didn't want to miss a breath of it. "The slightest adjustment that Al would make in how he was sitting, Bobby would

counter," Mann says. "How a hand would drop to his knee, how he'd shift his shoulders. He's thinking, 'Is that guy's hand moving closer to a gun?' It was almost subconscious but totally driven by character."

In another scene, De Niro's character makes a life-altering decision while driving down a Los Angeles freeway. Not only did the moment have to play in a deep but discernable way on the actor's face, the shift had to happen at the precise moment that his car passed under a viaduct, flooding the frame with light. Though highway shoots are diabolical to set up, "We shot it three different times on three different days," Mann says. "There was no question that we were going to keep doing it until we got it. Neither of us was going to settle. Once it happened, you totally believed it, and we had it in one take. But get to something that convincing, it has to be exactly right."

Russell agrees. "De Niro has a God-given authenticity that covers the whole spectrum from horror to heart. He's unequalled anywhere," he says. "He's hugely compassionate, hugely powerful and frightening and hugely heartfelt. There's only one person who can be like that, and it's him."

Frightening? "That's part of what's exciting about him," Russell goes on. "I think things that are worthy of respect are worthy of inspiring fear. It gets your attention and rivets you, and then it can take you to other places, which involve deep emotions and deep love. I would say Robert has a very deep understanding of love. Any fierceness or scariness he has is grounded in love. That is what makes [his work] the most exciting and complicated." The things De Niro loves, he loves passionately, Russell says, "whether it's a chair, a piece

of music, a coat or another person. Anything he puts his mind to has a meticulous attention to detail that is almost worthy of a Zen monk. He's very sincere and intense. It's that intensity that makes him riveting in all these films."

In *Joy*, De Niro plays father to the title character, a rising businesswoman played by Jennifer Lawrence. "It's exciting when they're in a scene together," Russell says. "They have the innate ease of natural athletes

comedy *The Intern*. "But the awe changes over the course of the film. When you begin, it's, 'Oh my god, *The Godfather*, *Raging Bull*.' But then it changes to, 'He's amazing to work with.' He's loose and unimposing. He's there when you need him. If somebody else has the dialog, he listens better than any actor I've worked with. And how, at this point, does the guy still have new colours to show? The fact that he allowed himself to have a twinkly smile on his face –

he's never gone there. There are probably more De Niro smiles in my one movie than in his last 50 films. But it wasn't like I said, 'Smile at the end of the line.' He just knew that's who this guy is."

In *The Intern*, De Niro plays the title character, a retiree who goes back to work for an e-tailer (Anne Hathaway). It's not a spoiler to say that the old dog teaches the kids some classy tricks. "I'd read this interview with Katharine Hepburn where she said she and Spencer Tracy worked well together because he was like a baked potato and she was like an ice cream sundae," Meyers says. "I think we might have something like that here. Hathaway is so chatty, that boop-boop-boop, and De Niro's so solid and there. That chemistry – they allowed each other to do their own thing. The best of them came out."

Meyers has worked with supernovas – Meryl Streep on *It's Complicated*, Jack Nicholson on *Something's Gotta Give*. "Some can pull their weight in ways that don't always make it great for me," she says. "De Niro, never. There was never a tough day from him. Not only that, he defended me when something was going on behind the scenes. He had my back."

De Niro's fellow interns are played by a quartet of 20-somethings, mostly fledgling comedians. He spent a lot of time auditioning with them, which



but they want to do it at the highest possible level. So they'll try it any number of ways. They both like to surprise each other, which makes it exciting for everyone on set." During the shoot in Massachusetts, De Niro and Russell spent hours searching for the perfect strawberry shortcake. They never found it, but the search was its own reward.

EVERYBODY – every crew member, every actor – is in awe of De Niro all day long, every single day," says Nancy Meyers, who wrote and directed September's

actors of his calibre don't often do. On set, they could always be found in one corner or other, yukking it up. He sincerely liked them, Meyers says, but it was also an acting choice: "I'm sure he knew that his character is friends with these kids, so he became friends with them. He knew that would keep them loose," which would help the movie. "But he's never going to say, 'It's because I'm Robert De Niro, and they're on their first movie set.'"

De Niro admits that people are nervous when they meet him – "in the beginning, maybe, but that passes." He doesn't do any particular thing to put them at ease. "What are you gonna do?" he says. "I don't give a speech. I don't go to somebody and say, 'Son ...' That's a bad script. Everybody just works their way into it. That's fine."

In one madcap scene, the interns race out of a house they're not supposed to be in. During the shoot, the temperature was 33 degrees, with high humidity. Not only was De Niro the fastest runner – he dashed ahead of the others in every take – but he didn't perspire. Between takes the young men, who were wearing jeans and T-shirts, would flop into chairs, gasping and dripping, fans blowing them dry. Meanwhile, De Niro, in a wool suit, calmly read. "Why don't you sweat?" one asked him. De Niro replied, without missing a beat, "Years of practice."

LIFELONG PRACTICE. De Niro was born into a family of artists. His mother, Virginia Admiral, was a painter and poet, and his father, Robert De Niro, Sr., was an abstract painter and sculptor. (Both are now deceased.) His parents divorced when De Niro was three and, late in life, his father came out as gay. Last year, De Niro Jr. helped

put together a 40-minute HBO documentary about his father's work, *Remembering the Artist: Robert De Niro, Sr.*

"I wanted to do a documentary before his contemporaries were gone because they were important for the story," the actor says. "I wanted it for my kids, my grandkids, and for friends." For the same reason, he kept his father's studio intact, "so that my kids and grandkids would know who their grandfather and great-grand-

so busy it wasn't a priority for me. But I knew people who were really great, who were documentarians or archivists, who would have got a lot of things down that would have been helpful." But he didn't, and that's it.

He was busy, that's true. In 1960s New York, every serious actor studied at either the Stella Adler Conservatory or Lee Strasberg's Actors Studio; De Niro studied at both. After his first collaboration with Scorsese, 1973's

Mean Streets, his career shot to the top and stayed there. He married the actress Diahnne Abbott in 1976, and they divorced in 1988. Along the way they had a son, Raphael; De Niro also adopted Abbot's daughter, Drena De Niro. He has twin sons from a long relationship with the model Toukie Smith. In 1997, he married the actress Grace Hightower, and they have a son, Elliot, 17, and a daughter, Helen Grace, almost 4. ("She's a delight," De Niro says, beaming. "An absolute delight. Every time I see her, I light up. How could you not?") He also has four grandkids.

I ask a passel of questions about fatherhood: Is De Niro a different kind of father than his father was? Did his parenting change over time, given how spread out his children are in age? "That's kind of personal," he replies. "I try to keep us all together as a family. Have things to do together. Have everybody have awareness of the family thing, so they look after each other, especially after I'm not around anymore. It's a fragmented family. But I try my best to keep everybody together."

Drena De Niro, an actress and singer – she worked with her father in *Joy* and the upcoming boxing film *Hands of Stone* (De Niro plays Ray Arcel, legendary trainer to Roberto Duran) – maintains her father's ►



father was, see what he did. Because it's real, and he has a lot to show for it."

In the documentary, De Niro's voice thickens as he confesses that he should have paid more attention to his parents. "They'd want me to do certain things, go to a show," he says now (in his longest answer of the day). "Later on I did, but when I was very young, I wasn't interested. Maybe I didn't like the attention. I know with my kids, they don't want the attention. I wish I had done the film on him 10 years earlier. And more on my mother. She used to like to talk about family history – blah blah blah. I was

privacy. "The way he keeps his personal life intact and separate, that's something I learned from him," she says. "How important it is that no matter what you're doing publicly, you have that core of something that you protect. So I never want to be too detailed about our family life. That is the one thing that's of my own and for my brothers and sister."

She will say that her childhood household was a bohemian one, full of actors, directors, artists and pets. She remembers Harvey Keitel coming to dinner, and taking a Jacuzzi with Shelley Winters. The family travelled a lot, and she visited her dad on sets, where he was always "very focused."

"It was a lot of fun," Drena says. "High-energy stuff going on. My father likes to keep friends and family around him. The people he works with become friends – he doesn't move through people. It definitely wasn't the typical family lifestyle, but there was a lot of warmth, fun, craziness." When she told her dad she wanted to act, he offered "no huge pearls of wisdom," but he didn't question it. "He's a non-judgmental, open-minded person, always accepting of what people feel their paths are," she says. He did stress, however, that she had to make the commitment and do the work.

One more thing you might not know about Robert De Niro: "He will try any food," Drena says. "He'll eat an entire jar of peanut butter with a knife. He'll try snake. You can get this man to eat anything."

DE NIRO IS 72, a year older than the age at which his father died, of prostate cancer. The callous way De Niro, Sr. was treated still rankles his son. "The doctor was not a sensitive person and said [things] in a mean way, a crude way, that only helped to exacerbate the fear that my father had of having a prostatectomy," he says. "I wish I'd been on him more to deal with it. Because he

could have been alive today." De Niro himself had prostate surgery in 2003.

But reaching his dad's age, that number, has no significance for him. "I never think about it," De Niro says. "I like to keep busy." His second act, if that's what he's in, has been a stunning one: adding comedy to his resume in his 50s (including two *Analyze This* films and three *Fockers*); starting a film and television company, Tribeca Productions, in 1989; launching the Tribeca Film Festival, which draws three million people annually; co-creating the Manhattan restaurants Nobu (now an international franchise) and the Tribeca Grill; co-owning the Tribeca Grand Hotel and building the Greenwich Hotel, whose East-meets-England library bar became an instant celebrity refuge (I recently saw Jennifer Connolly and Paul Bettany there).

I ask De Niro why he branched out so much. "I wanted to do an addition to the Tribeca Film Center, but it wasn't financially viable," he replies, shrugging. "I bought the land next to me, a parking lot, and found a partner who does boutique hotels."

"I was wondering more about the feeling behind it," I say. "Was it to stay relevant?"

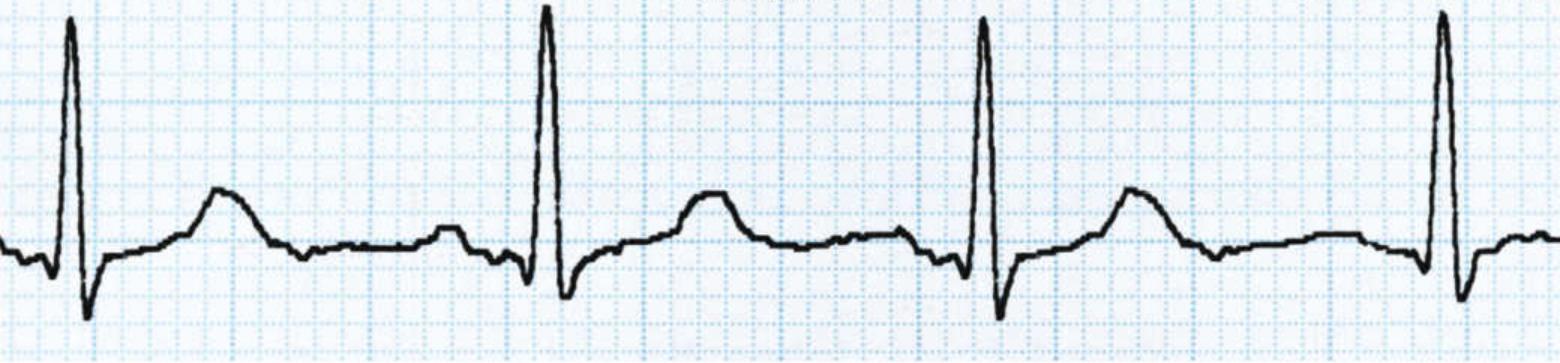
He snorts. A get-a-load-of-this grin flits across his face. "Not to stay relevant," he says flatly. "Just to do what I want to do. I see an opportunity, I say, 'Let's take advantage of it.' Relevant." He snorts again. "No. I always say, 'If you don't go, you'll never know.'"

As an actor, De Niro's list of upcoming films never ends (currently, it includes an action-drama, *Bus 657*, and a raunchy comedy, *Dirty Grandpa*, opposite Zac Efron), and he has no plans to quit. "What else am I gonna do?" he scoffs. It has been 20 years, however, since he's worked with Scorsese – does he ever feel a pang that Leonardo DiCaprio seems to be the director's new muse? "No," he replies, with **Continued on page 103 ►**





“People ask me, ‘How was it back then?’ That doesn’t matter. New York is what it is now, take it or leave it. This is the reality, right here”



aBOUT 11:40 P.M. a few weeks before Christmas, I was standing in our living room in downtown Toronto. Just back from my semi-regular two-hour evening bike ride, I was complaining to my wife that my shoulders and elbows were aching, and that was odd because it was usually my wrists that hurt post-ride. Patricia said something like, "That's angina until proven otherwise" and that I must arrange to see our family doctor. Typically, I pooh-poohed her concern. She gave me a couple of ASA, instead of the usual painkiller, for its clot-busting properties. I claimed the pain was all gone but took them anyway before heading up to our third floor to watch the day's sports recap.

With this modest bit of advice, my wife, a psychiatrist, initiated a cascading series of crucial medical interventions that over the next two hours would save my life – and ensure that I would have a life worth saving.

I have no memory of any of it.

The next thing I do remember is more than 20 hours later: I found myself lying in a cardiac intensive care unit bed, attended to by a group of very worried looking people – my wife and kids, my mother and a brother, a couple of old friends, a doctor, a resident, a nurse – with IVs and wires connecting me to some flashing, beeping monitors and machines dangling above my bed. My ribs were killing me, and my chest felt like someone had run a Roto-Rooter through it. I had no idea where I was or why. Patricia explained it to me again and again – and, she says,

Death Takes a Holiday

How a series of fortunate events helped Matthew Church live to tell the tale of his heart attack

again and again. For the next day or more I would be in a state of flummox – unable to recall the explanation from one minute to the next. I had no short-term memory.

The explanation was pretty simple really: "100 per cent obstruction of the proximal LAD" had caused a heart attack, and my heart had stopped, and with it all my vital functions. The "LAD" is the left anterior descending artery, which feeds the hardworking lower left part of the cardiac muscle as it pumps blood out to the body. When it's blocked, cardiologists have another name for it: "the widow-maker."

I was dead by the time I hit the wall-to-wall.

I seemed an unlikely candidate: I'm an unusually fit 56-year-old man with a taste for heart-pounding bike rides and arduous solo canoe trips. My bike is my primary mode of short-

and long-haul urban transit twelve months a year. I don't drink alcohol. I don't smoke cigarettes (anymore). Ever since my father's catastrophic heart attack when he was 48 (he's now 86!), he has kept my siblings and me abreast of all the current thinking on heart health, from nutrition to folic acid and the omegas to HDL and LDL ratios and homocysteine levels. I was going to live a long time. Everybody thought so.

THE STORY OF my resurrection, as it were, begins with Zola, our good-natured and generally oblivious chocolate Labradoodle.

Soon after I took the two Aspirin and headed upstairs, Patricia heard a heavy thud. It sounded like a knapsack full of books dropping to the floor. She's a bit of a worrier and thought about calling up to me, but I wear headphones when watching telly so she knew I wouldn't hear her even if she did. She also knew I'd think it silly to be concerned about a random noise. She resettled herself with her book on the sofa in front of the fire in our living room.

But then Zola started barking and growling and snarling, aggressively trying to rouse her, to alert her to some urgency or danger. If only because this was so atypical, so unlike Zola's usual languid demeanour, Patricia took notice. Zola would not be calmed, so they headed upstairs together to investigate.

There is plenty of anecdotal evidence that dogs have the capacity to sense things we cannot: there are countless stories of them detecting

everything from impending earthquakes to cancer in humans. Some experts believe that the human body emits certain odours during a heart attack or seizure, and dogs, with their vastly superior sense of smell, can register it. Was that what Zola was responding to from two floors below? We'll never know, but she now wears a brass tag, engraved with the words, "I saved my human."

When the two of them reached the third floor, they found me lying face down on the floor beside the leather armchair. I was immobile and turning a shade of blue. Rolling me over and checking for vital signs, Patricia found none. I was dead.

There's something you need to know about psychiatrists: they don't face a lot of life-and-death situations. I mean, I'm pretty sure they *talk* about death a lot but they seldom need to deal with it so directly. But Patricia works with the street-involved, the marginalized and vulnerable, and she works within a hospital, so she has been trained and retrained annually in basic cardiac life support. It's just not something that she's had occasion to use. She followed the latest CPR protocol: compressions, steady and hard; don't be too concerned with mouth-to-mouth resuscitation. And don't worry if you crack a few ribs. Meanwhile, she called down to our daugh-

ters, Alice and Olivia (then 23 and 17), and told them to call 911. "NOW!"

It must have been a shit storm. Olivia was stationed at the front door to meet the emergency responders. Alice stayed on the phone with the 911 operator. And Patricia performed CPR. Even as she laboured away on me, as a physician she knew the odds of my surviving were truly abysmal: more than 20,000 people suffer out-of-hospital cardiac arrests in Canada each year; fewer than 2,000 survive, roughly eight per cent. For anyone receiving CPR from a non-professional, survival rates are even worse. And for those who do come out the other side, permanent, often debilitating damage to the heart muscle and/or the brain is pretty much guaranteed. A few lucky people emerge unscathed, but statistically they are so rare as to be anomalies, outliers. How did I dodge the bullet to my heart?

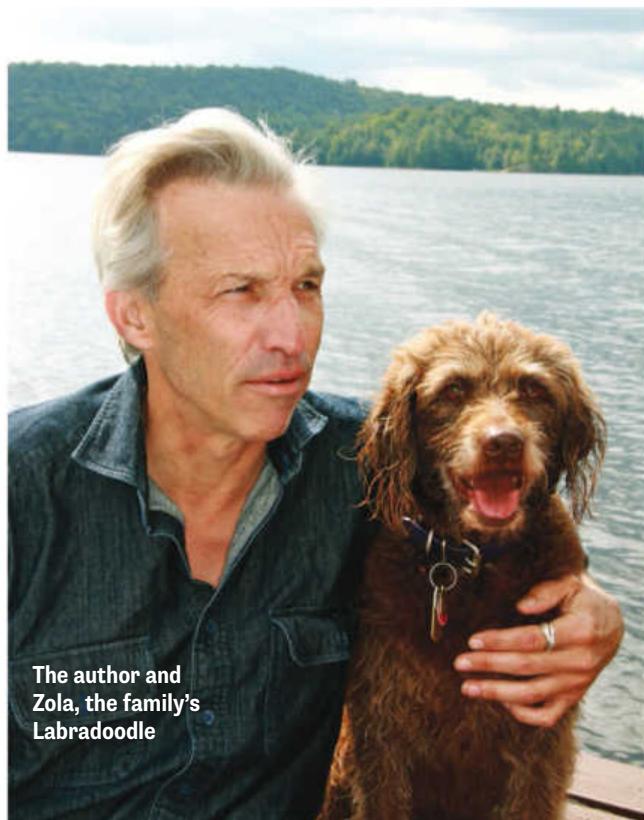
It was seven minutes and 43 seconds until the first fire truck arrived. That's impressively fast to actually deliver a full complement of the latest in emergency medical care right to your door (and one of the reasons I am

able to write this now). But it must have seemed an eternity to Patricia, pounding out compressions, calling my name, yelling at me to listen up, to come back. Even with all that going on though, she had more than enough time to contemplate every possible implication, from what Christmas might be like this year to thinking of any future grandchildren not having a grandfather. Patricia is a stoic and so has been pretty tight-lipped about it all since, though one day a few months later, out of the blue, she said, "I will never forget the feeling I had when I first heard the sirens coming up the street." Help and (some semblance of) hope were near.

Eight minutes is very close to the threshold of survivability for someone in cardiac arrest and receiving CPR. (Of course, without CPR, that threshold is zero minutes.) More than eight minutes and the mortality rate goes through the roof. Survival after that point is seldom an outcome.

When the firefighters and paramedics reached the third floor, they took over. They attached leads for the ECG. Someone suggested to Patricia,

now standing to the side, that she might want to leave the room; they were going to defibrillate and it's not pretty watching someone get shot through with 3,000 volts. Not a good final memory of your husband at the very least. She took their advice and joined the girls downstairs. ("We're going to be okay. We're going to be okay," Olivia told me later is what her mother said. "Even if it's the three of us, we are going to be okay.") I got a shot of epinephrine to kick-start the heart, followed by my first jolt. Nothing happened, as expected. Defibrillation ►



seldom works. Some estimates put it as low as two per cent, but in the hands of trained paramedics, as part of a concerted effort, up to 13 per cent survive. Either way, these are not great odds. They zapped me again. Nothing. The protocol calls for three attempts, so they waited for the system to re-charge then hit me again. Suddenly, the ECG lines started to squiggle. My heart had resumed a tenuous rhythm, irregular and jumpy. Patricia said they sounded giddy with excitement because it's so seldom successful.

Even as the paramedics rushed to prepare me for transport, they were interpreting the ECG. What they saw was subtle but crucial: the S and T peaks on the ECG were higher than the normal, meaning I had experienced an "ST Elevation Myocardial Infarction," or STEMI. This type has one recommended response: immediate reperfusion of the heart muscle. Pronto.

In the last 10 years, the treatment of STEMIs, the most common form of infarction, has been revolutionized. Throughout North America, massive resources have been poured into creating protocols and systems that ensure a "door-to-balloon" time of no more than 90 minutes. ("Balloon" is the old-fashioned term still used for angioplasty and the insertion of a stent in a damaged heart vessel.)

Over an hour and half, and the prognosis gets ugly. The closer you live to major hospitals, therefore, the greater your chances of survival and healthy recovery. I live 3.7 kilometres from Toronto General Hospital, and it's not even the closest one. But TGH is home to the Peter Munk Cardiac Centre, which had recently established its own leading-edge catheterization lab specifically for treating STEMIs (identification and triage training for paramedics, an in-hospital immediate-response team and rapid on-call interventional cardiologists). Even before the ambulance pulled away from the curb, TGH was informed a STEMI was on the way. Patricia and the girls were put in the back of a police cruiser, and our two vehicles roared off, lights blazing and sirens blaring. Everyone on our street must have heard or seen it.

Just a few minutes later, I was met in TGH emerg and immediately wheeled through to the STEMI lab on the second floor. That's when Dr. Chris Overgaard and his team took over. A founder of the TGH STEMI lab, Overgaard is an interventional cardiologist. Boyish still in his 40s, he projects a calmness and competence typical of those who regularly confront life and death. Not long after arrival, they had a clear picture of the fingernail-sized piece of plaque lodged in my artery and were

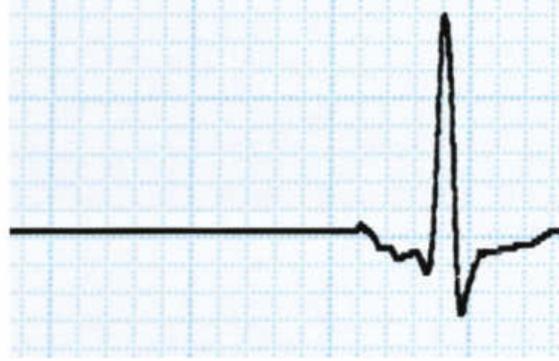
preparing for catheterization. A catheter was inserted in a vein in my right wrist and was pushed upstream into my heart and through it to the LAD to the point of blockage. Vacuum pressure latched on to the plaque, and it was retracted. Then another catheter was inserted and pushed to the same point. On it was a stent that was expanded to bolster the damaged artery. This small mesh tube infused with

drugs to prevent rejection is now a permanent part of my heart.

I awoke hours later not remembering anything. Patricia tried to explain but, they tell me, I couldn't hold on to the explanation of what had happened. Every five minutes or so, I would ask again why I was in a hospital bed and why my chest hurt so much. And every time I would be stunned and horrified and, apparently, embarrassed. It got so repetitive it was almost funny the girls say, like a comedy act. For the medics though, including Patricia, this was a very bad sign. They know that nearly 30 per cent of the few people who survive any type of sudden and total cardiac arrest suffer brain damage, often permanently losing the capacity for short-term memory. That would be devastating. Time would tell. Or rather, over the next weeks and months, numerous CT scans, ECGs, echocardiograms would tell.

It was nearly 24 hours before I could hang on to the facts. I was devastated. All that effort to stay healthy, and all I had managed was seven years beyond my father's early cardiac troubles! It pissed me off, though gradually it began to dawn on me that I wasn't unlucky: just the opposite. Starting with those two Aspirin (Overgaard smiled and patted Patricia on the back when he heard about that very first intervention), I had received precisely the care I needed to still be alive and well.

SIX MONTHS LATER, I still have no memory of any of it. And what's even more weird, I have none of the expected outcomes – I have no obvious



PHOTOGRAPH, ALES VELUSCEK (ELECTROCARDIOGRAM), COURTESY MATTHEW CHURCH (ZOLA'S TAG)



cardiovascular disease, no heart failure, and I am back exercising and riding my bike. It is almost like it never happened. Some days, I could swear none of it did happen. Or that it was a crazy nightmare that had a happy ending. Of course, those who were there, who witnessed the whole awful scene, would never ever say such a thing. I feel terrible that I put them through it. Though I do like to point out that technically I wasn't there.

There are a few questions I hear very often. Why did it happen to someone so fit, so conscientious about heart health? I asked that of every doctor I encountered and to a person they say there's no way to say why, really. Heredity, of course, is the main predictor; it was almost inevitable that someone in my family would be hit. And there is some evidence that habitual and extreme exertion over extended periods of time can damage the heart (quite common among endurance cyclists and marathoners). As to why I recovered so completely, Overgaard said simply, "The stars were aligned." My GP, a thoughtful man and caring doctor named Rae Lake, called it "miraculous." I think in some ways it was heredity again: I had learned so much from my father and his experiences that, physically and even emotionally, I was prepared for survival.

Another very common question of course is: what did I see when I was dead? Did I have a near-death experience? Did I see heaven? No, and I am glad I didn't: I am a life-long nonbeliever and a sceptic re the supernatural. Discovering there's an

LEARN CPR: IT MAY SAVE A LIFE

If you find someone experiencing cardiac arrest, you must act quickly. With each passing minute, the probability of survival declines by seven to 10 per cent. Correct use of an automated external defibrillator along with CPR can increase the individual's chance of survival by up to 75 per cent. With November being CPR month, now's the time to learn. Find training courses in your

community by visiting the Heart and Stroke Foundation (www.heartandstroke.com).

BE MINDFUL

Within a week of my being released from hospital, I read *Full-Catastrophe Living*, Jon Kabat-Zinn's seminal work introducing the world to Mindfulness-Based Stress Reduction (MBSR). It is brilliant. Kabat-Zinn rooted his work in meditation techniques and healthful ways of thinking and

behaving that have evolved over centuries. And the health benefits have been scientifically verified and tested.

Recently, I have been hired as director of business development for the Centre for Mindfulness Studies, which offers programming for the general public as well as intensive facilitation training and accreditation to physicians, psychologists, occupational therapists and other health-care providers. Go to www.mindfulnessstudies.com. —MC

afterlife would have been more than I could bear. That might've killed me.

The other question I have heard often (and still ask myself) is "How has this changed you?" I don't have an answer for that yet though I know it has. Everything feels very different. I feel a kind of immediacy now. Not urgency exactly but an awareness of the importance of everything: no matter how small or trivial it seems, it warrants my full attention. And how nothing is too terrible, no matter how big. I don't know how much of that is attributable to my *crise de coeur* and how much to the fact I began practising mindfulness-based stress reduction within two weeks of my death and rebirth. Patricia gave me Jon Kabat-Zinn's book, *Full-Catastrophe Living*, which details a meditation-based

practice which he originally designed in the 1990s for cardiac patients from all walks of life. It is fascinating to see how mindfulness has, in the past 20 years, become a scientifically proven therapy for a wide range of disorders. It is brilliant, I think, and has been transformative for me. I recommend it to anyone who will listen – though I try hard to not be a tiresome zealot.

How will I live now? I can't say for sure yet but I don't think it will be about bucket lists or red-letter days. I am taking Spanish lessons and have taken up chess (as I always said I would). Piano is next, I think. And I expect I'll get to South America sooner rather than later. Oh, and I will appreciate Zola more. But mostly I will work on writing *every* day in red letters. □

45 WAYS TO FIND YOUR PURPOSE IN LIFE

By Lisa Bendall



HAVING A PURPOSE in life may be protective against stroke. At Chicago's Rush University Medical Center, brain autopsies showed that older people were much less likely to have evidence of strokes in their brains if they'd felt a strong purpose in life. Other studies show that a life purpose is linked with living longer, slowing Alzheimer's disease, lower risks of depression and heart attack – and even a better sex life!

But what defines a life purpose? Researchers say that's up to you. It might mean constantly learning and bettering yourself or contributing to your community. Inspired to find yours? Here are 45 ways to get you started.

PUT PEN TO PAPER

The process of writing down what you find meaningful will set you on the right track. Try making these lists.

- 1** List your core values. What do you believe in? What is most important to you?
- 2** List things that fascinate you. What captures your interest? What would you like to know more about?
- 3** List your skills. What are your special talents? What do you enjoy doing?
- 4** List all the reasons why you got up this morning!

5 **SEEK THERAPY**
Feeling daunted by the task of finding your life's meaning on your own? Trained therapists can actually guide you through the process. Yes, life-purpose counselling is a thing!

6 Set goals Purpose can be defined as having specific goals to work toward. Do you want to learn a language, master the violin, build a schoolhouse, write that epic screenplay? "Purpose is about having a vision in life," writes Duke University professor Harold Koenig in his book *Purpose and Power In Retirement: New Opportunities for Meaning and Significance*. "This vision is a picture of something important and significant that we see in our mind's eye, a picture of something we have not yet achieved but have decided is worth the effort to obtain."

GET OFF YOUR DUFF AND ...

7 Invent something

Older inventors are often successful because they have more life experience,

which can enhance their insight and problem-solving skills.

8 Teach some-thing Share your expertise! Teaching degrees aren't neces-

sarily required for instructors of continuing education courses.

9 Write something

Your memoirs might inspire the next generation.



10 LOSE YOURSELF

Have you ever been so thoroughly absorbed in what you were doing that you completely lost track of time? That's a clue to what your life's purpose might be.

11 Just imagine...

Think on this: if you had a million dollars to give away to others, what would you do with it? Another clue!

(IT'S A CLICHÉ BECAUSE IT'S TRUE)

17 Live today as if you're going to die tomorrow.



18 MEDITATE ON IT

At the University of California San Francisco, people who participated in a three-month meditation retreat felt a greater sense of their purpose in life compared to those on the retreat's waiting list.

SAVE A LIFE

It gives meaning to your own, and it might not be as out of reach as you think.

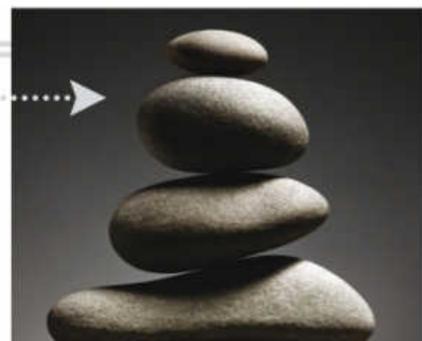
12 Join a stem cell registry.

13 Sign your organ donor card.

14 Donate your blood.

15 Take a CPR course.

16 Donate time or money to a humanitarian agency.



FIND MORE PURPOSE IN YOUR CAREER

A Gallup poll found that only one in six Canadians feels engaged in their jobs. We don't always have control over what we do, but here's how you can find more meaning in your work.

19 Concentrate on how what you do makes a difference to others.

20 Embrace opportunities to develop new skills as they come up.

21 Tap into the workplace community, whether it's by joining the company bowling team or attending a co-worker's baby shower. ►

22

Uh, I pick love Vienna psychiatrist Viktor Frankl, concentration camp survivor and author of the 1946 book *Man's Search for Meaning*, believed there were three pathways to finding your life's meaning: love, work and suffering.

WE CHECKED WITH THE EXPERTS

23 Ask your younger self

"Sometimes it's best to return to basics when you're looking for your life's purpose, and that would be back in your past. What did you want to be when you were 10 years old? How about when you were 16? What were your interests and passions? You might be surprised to learn that you still love the same things!"

—Vikki Stark, *psychotherapist, Montreal*

24 Get mad about you

"Examine your anger. When people in mid-life are looking for purpose, I encourage them to look at what they've been pushing away. Often it's anger, and I suggest looking into what we are angry about. Are there chances missed, societal injustices, thwarted hopes? If we're angry, there's usually a passion underneath that wants our attention, badly."

—Pamela Rubin, *certified counsellor, Halifax*

25 Make it yourself

"Instead of considering your purpose as something to be found, try thinking of it as something to be created. You are, in the grand scheme of things, already talented in your life's purpose. This shift in perspective will empower you to take action and follow your unique way to infuse your life with your purpose."

—Ryan Cuillerier, *certified professional coach, Vancouver*

THERE'S AN APP FOR THAT!

26 Life Purpose

Get more insights into your own identity and values. www.lifepurposeapp.com

29 GIVE YOUR PARTNERSHIP A TUNE-UP

Relationship counselling can deepen your connection to each other and to your life's purpose.

27 On Purpose

Create a "purpose statement," then track which daily activities are in line with your purpose. www.dungbeetle.org/about-the-app

30 Go deeper

Studies have found that people who prioritize relationships, community and personal growth have a greater sense of well-being compared to those who place more importance on materialistic things like fame, fortune and good looks.

START STANDING UP FOR WHAT YOU BELIEVE IN

31 Join an advocacy network. (May we suggest CARP?)

32 Sign up for an activist skills training workshop.

33 Lobby your local government.

34 Start a petition.

35 Conduct a fundraiser.

36 Volunteer for an agency that's driving change.



37 // BE OF USE

"The best way to find yourself is to lose yourself in the service of others."

—Mohandas Gandhi

38 // BE KIND

"If you want others to be happy, practise compassion. If you want to be happy, practise compassion."

—Dalai Lama

Watch an ideacityonline.com talk

39 "Empirical Study of Happiness" Dutch sociologist Ruut Veenhoven shares a research-based understanding of happiness and a meaningful life.

40 "Creating a Life Worth Dying For" Stephen Garrett inspires his audience to live a fuller life by embracing their limited time on earth.

41 "Entanglement of Mind, Body and Environment" Deepak Chopra explains the power and purpose of our core consciousness.



42 SPEND TIME ABROAD AND BROADEN YOUR HORIZONS

Adjusting to new cultures has been proven to open your mind. You'll be more creative, more flexible with your ideas and better at problem-solving, all of which can give you a clearer perspective on your own life.

43 DON'T CONFUSE A HAPPY LIFE WITH A MEANINGFUL ONE

It's possible to have both happiness and purpose in your life. But you can have one without the other. A survey by a Florida State University psychologist uncovered five key differences.

- Getting what you want may make you happy but won't provide meaning.
- Happiness is connected to the present. A meaningful life is linked to the past, present and future.
- Happiness is lower in people who have more stress and anxiety, but meaning is higher in these same people.
- Self-expression and exploring personal identity don't make people happier, but they do provide meaning.
- Takers have happiness. Givers have meaning.

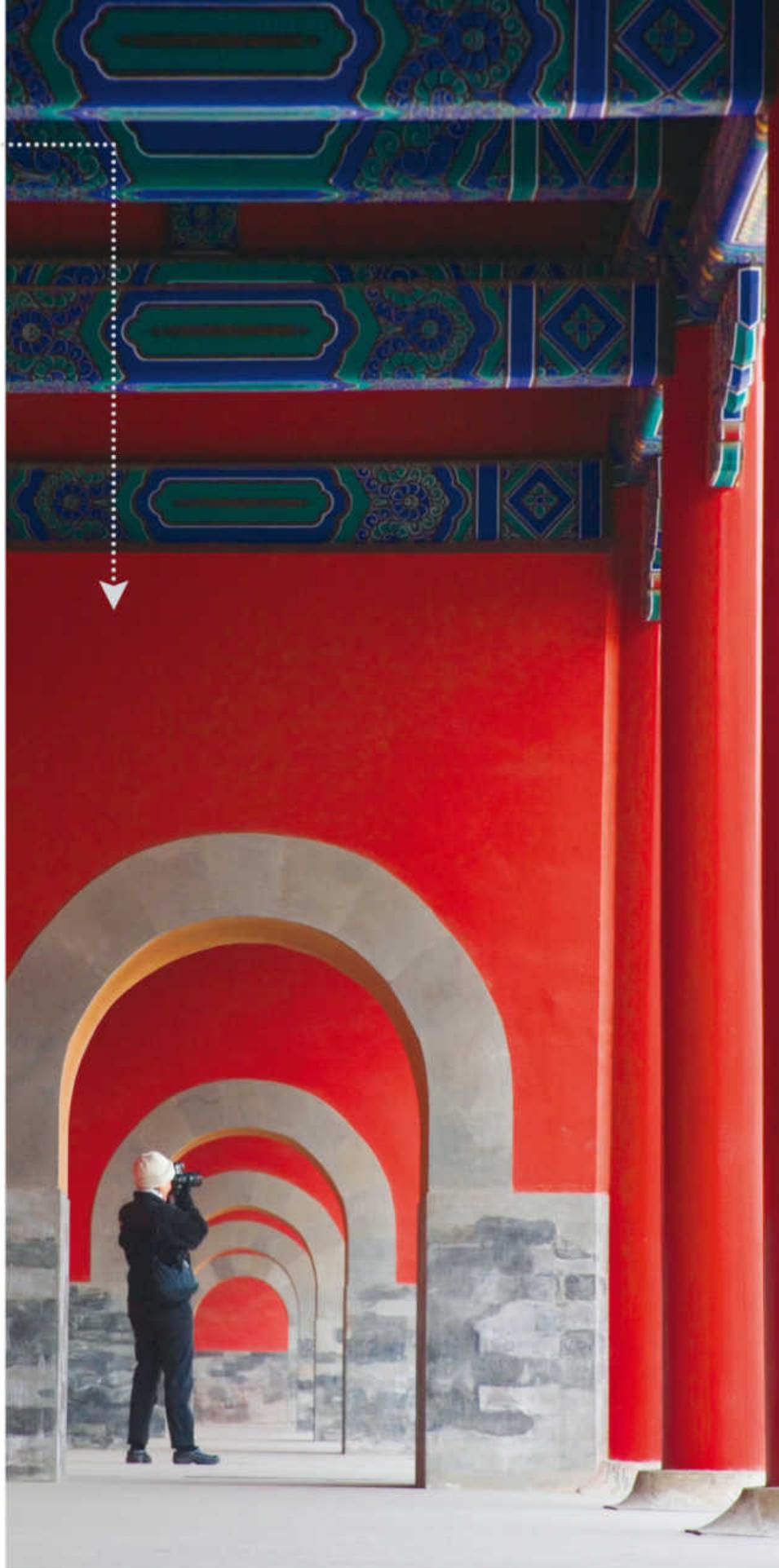
44 Revisit and revise it

Your life's purpose may change over time and as milestones are passed – when you retire, for instance, or after your children leave home.

45 KEEP TRYING

The older you get, the more likely it is you'll have meaning

in your life. The takeaway: keep searching. You're getting there. 



ALL THE RIGHT MOVES



No matter how many candles are on the cake, indulging in their love of adventure keeps these “extreme seniors” at the top of their game. Prepare to be amazed – and inspired **By Timothy Collins**

DYLAN THOMAS WAS in his 30s when he penned “Do Not Go Gentle into That Good Night,” in which he proclaimed “old age should burn and rave at close of day.” It was a strange sentiment coming from a young man, but perhaps it’s the nature of poets that they see what the rest of us have

trouble comprehending.

Nearly a century has passed since that poem exhorted the elderly to squeeze every bit of joy from their lives, and it seems that today’s “old folks” – at least, some of them – have finally taken that message to heart. Increasingly, the boomer generation (and in some cases, the pre-boomers) is demonstrating

it’s possible to ignore the passage of time through a combination of lifestyle, attitude and a firm belief that nothing is impossible, regardless of how many candles light up the birthday cake.

Of course, it helps that improvements in medicine, health care and other lifestyle factors have added some 20 years to our expected life-

span since Dylan's time.

But folks like Jeff Morris of Sidney, B.C., would argue that it's not how long you live but what you choose to do with the time that you have. Morris is now 72, but 15 years ago, he decided that there was a need for a system of compassionate flights for cancer patients who needed to get to their treatments in Vancouver and Victoria. He founded Angel Flight, a non-profit group of volunteers who now provide that service free of charge. Morris continues to run the organization. "Age is just a number," Morris explains. "It's whether you're doing what you love that determines whether you're truly alive."

That sentiment, increasingly shared by some who would be considered "past it," has led some to embrace activities that would have been considered foolish, perhaps even unseemly, by their parents' generation.

But that trend isn't without critics. In April 2014, Dr. David MacKinnon, a trauma specialist at St. Michael's Hospital in Toronto, made national news when he spoke out about seniors engaging in "active sports." Concerned about the rising incidence of injuries among the demographic at his trauma centre, he was quoted as saying that for the "exact same injuries ... the elderly will have significantly higher mortality rates." In other words, they could kill themselves taking part in some activities. He suggested they consider other less dangerous pastimes.

Yet all of the people featured in this story scoffed at the idea that the fear of injury should cause them to abandon their activities. "You know what's dangerous?" said 80-something Ken Bonner of Oak Bay, B.C., who regularly races his bike in extreme long distance races. "Dangerous is sitting on the couch, and not doing what you love ... that's what. Life is fun ... go play."

Take to the skies

Take Martin Nowoselski. He lives in the Fraser Valley where, almost 15 years ago, he decided that he'd like to try his hand at paragliding. He fell in love with the sport and, now 63 years of age, he continues to fly about 150 hours a year.

"I started out hang-gliding on my 40th birthday," he explains, "but after a while I found that some of the other hang-gliders were getting older and didn't want to play anymore. That's when I saw some guys paragliding and thought, 'Hey, that looks like fun.'"

Despite what some people may think, Nowoselski maintains that the sport is quite safe. "The hardest thing is hiking the gear up the mountain to launch yourself," he says. "The actual flying, if you know what you're doing, is pretty safe. It's more dangerous driving to the mountain than it is to run off the mountain under a wing."

Nowoselski says that some people have accused him of being an adrenaline junkie, but he disputes that characterization. "The equipment has gotten really good, and if you listen and learn and you're not a goof, it can almost be like meditation."

"That's not to say that there aren't some older guys out there doing dangerous things. I get that – like I wouldn't be inclined to throw myself down a mountain on a mountain bike with a metal pipe between my legs. That sounds dangerous," laughs Nowoselski.

"But paragliding? It's amazing. It makes me feel alive."

Hurtle down a mountain

For John Blok, throwing himself down a mountain is what it's all about. At 61 years of age, he's an avid mountain biker, triathlete and snowboarder. "Let's face it, if you go downhill, you're going to fall sooner or later," says Blok. "I moved to

Whistler 15 years ago and I've been to the clinic five times for injuries. I've had a couple of broken ribs, toes. I've had a torn meniscus."

But for Blok, the thrill of riding or sliding down a hill is worth it. "You have to stay fit, of course," he explains. "I ride about 5,000 kilometres a year on my road bike and I swim. My wife joins me, and it's great. I do a lot of races – the Xterra Triathlon, for example. And my wife is my greatest supporter and travel agent to get to those races."

Blok says that his wife, Grace, rides just for the fun of it, but that means that she has a pretty good understanding of what he's trying to accomplish.

"I think that we inspire each other," says Blok.

Blok also inspires others. He works as a personal trainer in Whistler, often coaching others who are half his age. "It's a lot of fun training others. It keeps me moving."

And moving is what it's all about for Blok. "Look, the thing is to keep challenging yourself. Sometimes you have to do the things that scare you – it keeps you alive," he says.

"There's no secret to this, at any age. If you stop moving and challenging yourself, you'll stop moving forever. I'm never going to stop."

Go fly a kite

That's a sentiment that's shared by Chris Glazier.

"The real danger is being sedentary," he explains. You can hurt yourself doing anything, but sitting around is more dangerous for you than getting out there and having fun."

For Glazier, 67, that fun comes from donning a wet suit and letting his kite send him screaming across the waves on his kiteboard. It's a sport that's a little like surfing but without the need for big waves to push you along. You simply get to ►

some water, wait for a breeze, launch your kite and hang on.

Oh, all right, it's a bit more technical than that, but Glazier contends that it isn't unreasonably dangerous.

"You can kill yourself in almost any water sport," he laughs. "This has some risks, but they aren't unreasonable risks."

Those risks are amplified when, like Glazier, you stretch your abilities and challenge what waves there are with spins and jumps, trying to get as much "air" as possible before splashing back down for the next trick.

"Of course, it's all about doing those moves," he says, chuckling. "On water, it's not too bad. I've kite skied on snow, and there the landing is a little tougher."

Glazier spends about 100 days a year on the water, and his love of the sport has given him the impetus to travel the world. In the past year, for example, he's travelled to Maui and Baja to kite surf, and he intends to do more.

"It's an unfair stereotype to say I'm too old. There are plenty of us out there over 60 doing this sport. Baby boomers are staying active these days," he says.

"For me, I don't think too much about age. It's about skill level. It matters how good you are, not how old you are," Glazier adds with a smile. "And me? I try to be very good."

Go jump in a lake

Gordon Ross, aged 70, is yet another example of someone who refuses to let the aging process rob him of his passions.

After spending much of his life in Alberta, he and his wife moved to the



Chris Glazier gets some air.



Esther and Martin Kafer atop Mount Kilimanjaro



Martin Nowoselski in flight

West Coast two years ago, and Ross is thrilled with the move.

"The great thing about the coast is that you wake up with 15 things to do and time to do any three of them. It's fantastic!"

That range of possibilities stems, in part, from the wide spectrum of activities that Ross continues to enjoy. He and his wife, Linda, enjoy hiking, and Ross himself rides a motorcycle, challenges white water in his kayak and recently bought a 16-foot catamaran so that he can sail

around the coastal waters of Vancouver Island.

But mostly, Ross pursues his main passion: scuba diving.

"I've done more than 5,000 dives all around the world," Ross says. "In all that time, I've never really had an emergency that I couldn't handle. It's all a matter of knowing what you're doing."

Despite his contention of never having had an emergency, Ross admits that he's had a few situations where equipment failures or other unforeseen circumstances have forced him to rely on his years of experience to stay out of serious trouble.

"I went diving with sharks in the Galapagos Islands a little while back. That was interesting. I didn't see this big whale shark coming up behind me, and I turned and his big, wide open mouth was right there," recalls Ross. "I just put my hand on his head and pushed up. I swam right over him. That was weird."

Ross's diving experience also includes some commercial work where he was required to swim up pipelines, and these days he still enjoys ice diving (that's going through a hole in the ice into frigid water) and, oh yes, did we mention cavern diving?

"Caverns can be a little scary if you're at all claustrophobic," explains Ross. "You turn off your light when you're in there, and all you see is this tiny opening in the distance."

"I don't think it's at all strange that a guy my age does the things that I do," says Ross. "You need to do things to stay healthy and, as long as you're healthy, you can do things."

Climb every mountain

And in case these intrepid souls aren't amazing enough, we have the Kafers – Esther and Martin Kafer, to be precise.

They were born in 1928 and 1927 respectively and have always enjoyed the mountains.

"We climbed our whole lives," says Esther. "If you check out the climbing guidebook, you'll see our name on a lot of the peaks on the B.C. Coastal Range as the first ones to climb them."

She and Martin used to venture out into the wilderness to challenge mountains that no one else had ever tried climbing. "Half the time, we didn't even know where we were," she jokes. "We didn't have GPS back then, just maps and good sense."

During that period, they managed ascents that were up to a Grade 5 technical challenge. (For those of you who aren't climbers, that's really hard and steep climbing.)

Now, at 88 and 87 years of age, Martin and Esther tend to restrict themselves to mountain hikes. "I've had some heart troubles, and my knees bother me sometimes. Martin has had two hip replacements," says Esther. "So we had to slow down a little. Our hikes these days aren't longer than four or five hours, but we still love the mountains."

So much so that the couple still buy their annual lift tickets at Whistler. Avid downhill skiers, they take every opportunity to hit the slopes. "Sliding down mountains is a lot eas-

ier than climbing them," explains Esther. "Martin says that he wants to die on his skis."

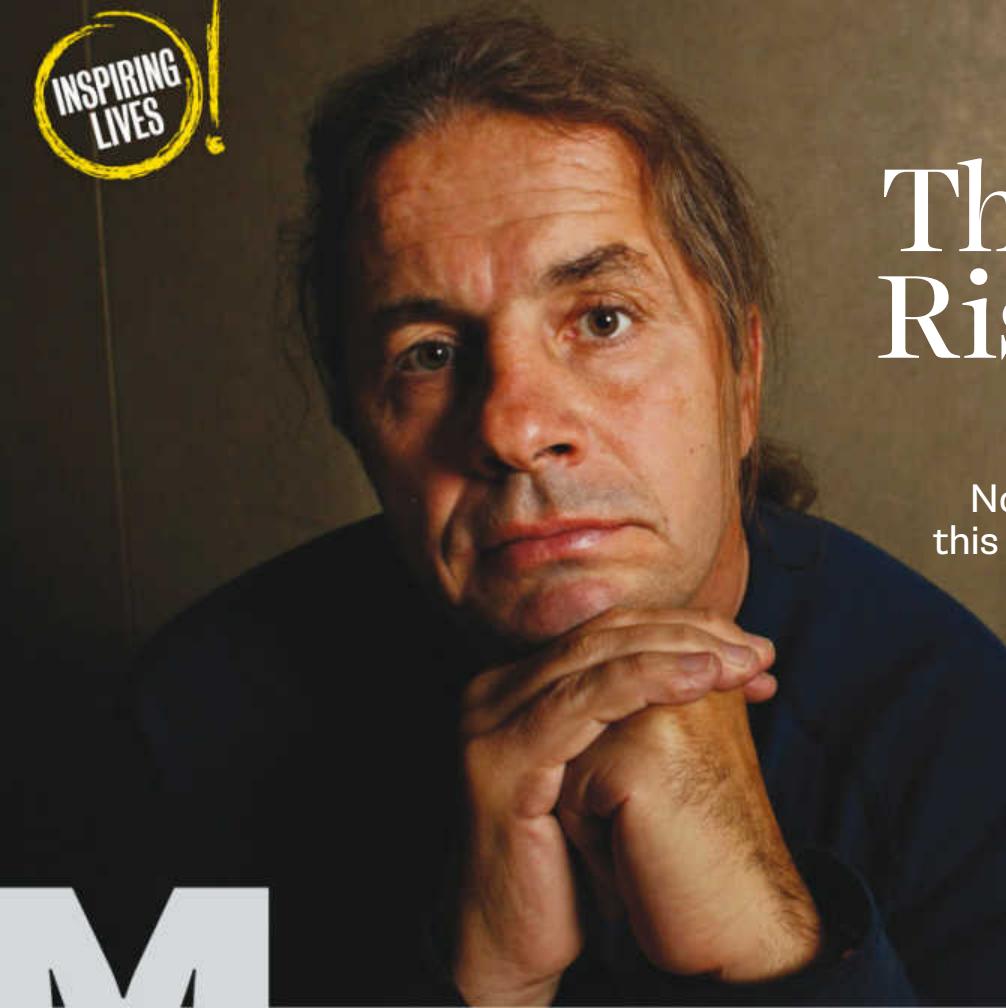
But never let it be said that Esther and Martin just faded away from mountain climbing. Two years ago, they decided that they'd finish their climbing days with a bang. In so doing, they managed to get their name in the Guinness Book of World Records when they became the oldest people to ever climb Mount Kilimanjaro.

"Honestly, I think some of the other mountains we've climbed were tougher, but it was still a thrill," says Esther.

"You just have to keep going. That's my advice for everyone. Never stop doing what you love ... never." □



John Blok competes at the Xterra Triathlon World Championships.



The Fall & Rise of the Hitman

Not even a stroke can pin this pro **By Mike Crisolago**



MY MIND WANDERS as I wait in the lobby of a downtown Toronto hotel for the arrival of Canadian pro wrestling legend Bret (Hitman) Hart. I think back to 1998 and the first time we met – a brief encounter at an autograph signing in the Convention Centre next door. It's taken more than a decade to move just a few hundred feet and become reacquainted, though in that time the former world champion overcame obstacles that make even the fact that he's arrived under his own power a small miracle.

In 1998, Hart entered to the shred of an electric guitar and thundering of drums that, for years, signalled his arrival in wrestling rings on nearly every continent. Now, as he approaches, his once jet-black hair has faded to grey, and his voice is hoarse. He limps slightly as he walks, but I happily discover that his handshake, much like his spirit, remains extraordinarily firm – battered, true, but never beaten.

"In my era, I was always a fighter. I was always a guy that never quit," the Hitman, now 58, says as he recalls going toe-to-toe with wrestling's greatest stompers and superstars. "All those things that I portrayed as a [wrestling] character, in a lot of ways they were my real character."

It's a point of pride for Hart, a blurring of the line between his ring persona and the man pouring a glass of water across the table from me. It's also the great irony of Hart's life that, after three decades of being slammed in arenas around the globe, the most devastating blow came after he returned home. In 2002, having retired from the ring due to a severe concussion, Hart, one week shy of his 45th birthday, accidentally rode his bicycle into a basketball-sized hole along a bike path in his native Calgary.

"Of all the bumps Bret Hart's ever taken, you'd think he could fall on the grass a little better," he scoffs, likening the tumble to a child's somer-

sault. "I should have just dusted myself off and got up and walked away."

Instead, Hart hit his head on the ground, and his entire left side was instantly paralyzed; his left pupil went black; he began drooling and slurring his words. He tried to stand and "swing my injured leg over the seat and I fell over with my bike in a heap on top of me." Eventually, he reached his cellphone and called for help. At the hospital, a brain scan revealed he'd suffered a stroke. He admits that it's difficult to be sure if the stroke was related to his career-ending concussion – his doctors didn't think so – but he believes there is a link. One of his doctors also believes he had the stroke before he hit the ground, though Hart disagrees. "There was no flashes or

HOWE HE DID IT

There's an old sports axiom that says no matter how big your opponent, they're all the same size when they're on their back. The reality proves more jarring when it's the revered athletes themselves who are felled.

Gordie Howe faced a life-altering battle when he suffered a stroke in 2014 but, unlike Bret Hart's more traditional stroke rehab, the hockey legend's family

found themselves taking an unorthodox approach.

Howe, then 86, suffered his stroke on Oct. 26 and, by early December, was weak, immobile and barely responsive. His family prepared for the worst when Stemedica Cell Technologies, an American biopharmaceutical company, offered an opportunity for stem cell treatments – currently unavailable in Canada and the U.S. – at a clinic in Mexico.



The two-day treatment included an injection on Day 1 and intravenous infusion on Day 2. After the first day, the Red Wings great was literally

back on his feet. By the third day, Howe was talking and pitching in with the housework. Since then, Howe has undergone follow-up treatments. Although he is battling dementia, his family deemed the results "truly miraculous."

Though they took radically different approaches, both Hart and Howe's comebacks prove another axiom true: it's not how many times you get knocked down but how many times you get back up. –MC

my left side [giving] out. Everything was working until I hit the ground."

Regardless of when or why the stroke occurred, it was a long time before Hart got back on his feet.

"It was so bad in the beginning. They never give you any assurances about what you'll get back. I remember [the doctor] told me it's a good sign that I could move the tips of my fingers. I [said], 'Are you kidding me?'

"The biggest part for me, after I started to come to terms with it, I realized ... I'd have to put all my faith in [the doctors and therapists] to put me back together."

Progress, at first, was slow. The Hitman's physicians laid out a physical regimen involving a lot of "walk this way, carry this thing or sit on the ball for balance." Hart demonstrates, lifting his hand off the table, turning it over and placing it back down – a simple movement that required weeks of therapy to relearn. "It would be so draining," he says, "that you'd lie down for two hours. And you start to feel pretty hopeless."

During those dark early days, Hart turned to his medical staff and fellow patients for encouragement, including a much older woman named Miriam, who "gave me such a good pep talk. I was pretty humbled by this ... She gave me a lot of support."

Over time, Hart's movement slowly improved, though his biggest goal remained getting out of his wheelchair. He remembers the words of his doctor: "When [you] don't die from [a stroke] instantly, it's a miracle." It's a notion that no doubt reverberated within him when, six months after his accident, he finally stood on "jilted, stilted" legs and took those first steps.

"I'm starting to walk and get better and I remember [Miriam] still sitting in her wheelchair," he says. "She didn't get anything back. And you learn how lucky you are."

Maybe it's his nature, or maybe it's the tough-as-stone resilience honed while training under his father, Calgary wrestling promoter Stu Hart, in his famed wrestling Dungeon, but Hart decided there was one more brass ring he needed to grasp.

"I thought some day I'm going to lift 300 pounds again, just to be able to say I did it. I tried my hardest for years. It was 2009 when I finally ... got 301 or 302 pounds on the bench press. It was a huge thing for me."

Hart thinks of his stroke as "a black day that I put a pink circle around. I'll ride my bike along the same path, and the same hole is there."

A few physical reminders linger – the strength in the muscles in his left

scapula as well as some of the tendons near his left calf never returned, resulting in his limp. Partial paralysis on the left side of his face makes it difficult to smile. Still, he counts himself lucky, adopting a simple mantra for moving on: "I do whatever's fun."

That's involved two runs as the Genie in Ross Petty's Toronto stage productions of *Aladdin*, tireless charity work – including his dedication to the March of Dimes – and even a return to the ring for one final match at the biggest wrestling show of all: WrestleMania. "All of it has led to my ultimate recovery," he says, "which is finding happiness that you really can live with again."

As for the future, Hart, who is married and a grandfather of two, notes, "I haven't ruled anything out. I always think with medicine the way it is, the future looks brighter and brighter every year. I expect I can live to 100."

And what does the Hitman plan to do en route to the century mark?

"The next chapters of my life ... I'll still be a good role model," Hart vows, noting his fans have always remained loyal to him. "You can say, 'What did Bret Hart do in his 60s when he had [to] overcome this or that?' If I was a good hero to somebody 20 years ago, I can be a good hero to them tomorrow [or] 20 years from now." □



A black and white etching by Alanis Obomsawin. It depicts a woman with dark hair, wearing a traditional parka with a textured pattern and a light-colored belt. She is holding a small child in her arms. The child is also wearing a parka and has a small face on the belt. The background is dark and textured.

THE LISTENER

How an 83-year-old filmmaker ensures the storytelling
of the past will inform the future of Canada's First Nations
By Véronique Morin

aT 83, Alanis Obomsawin, an award-winning icon in the documentary film industry, is travelling non-stop to shoot her documentaries about indigenous people in Canada. Despite her gruelling schedule and the fact that she is juggling three or four films at once, she appears peaceful and quiet. Nothing in her expression hints that she is between two shoots or is preoccupied by the tragic stories she is documenting.

After the showing of one of her documentaries, *Hi-Ho Mistahey!*, which means “I love you a lot, a lot, a lot,” at the 2013 Toronto International Film Festival, she walked on stage and twirled in a short dance in front of an audience in awe of her. The crowd is obviously moved by the story they’ve just watched: Shannen Koostachin, a 15-year-old girl from the distressed community of Attawapiskat in northern Ontario, campaigned for better education and schools for First Nations children. Although Shannen, who died in a car accident on May 30, 2010, did not live to see the results of her efforts, her campaign was successful and led to new rights for indigenous people over their education through Shannen’s Dream, a motion passed unanimously by the House of Commons in February 2012.

When Obomsawin and I meet at a restaurant, she says she was recently hit by a car but was luckier than Shannen. “Nothing serious. The sun blinded the driver. All is fine now,” she explains. Her answers are careful and short. Obomsawin is used to listening rather than talking. “I love lis-

tening to people.” She pauses. “These are their lives you know,” she explains emphasizing the words, “their lives.”

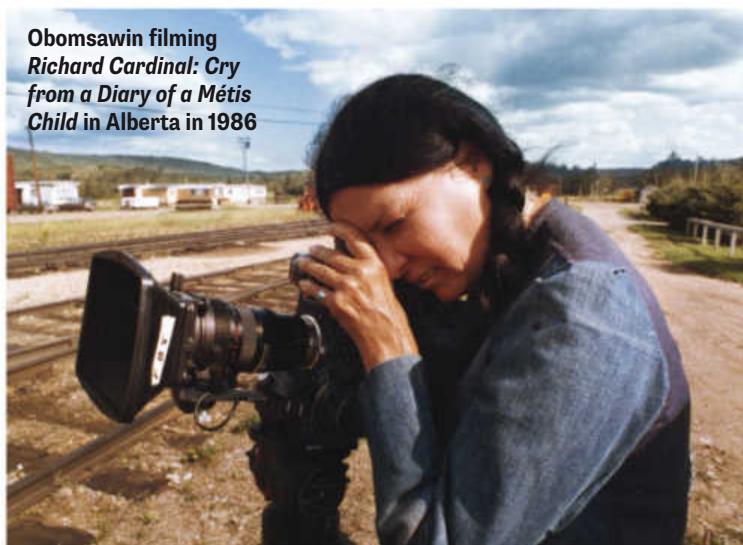
Her own life began on Abenaki Territory in New Hampshire. “I grew up on a reserve without electricity. We listened to elders’ stories by the light of oil lamps.”

Eventually, her parents moved her to Trois-Rivières, Que. There, her parents became known for their ability to cure “certain illnesses.” These kinds of “services” were done underground as it was prohibited to practise traditional medicine at the time. “Both my parents inherited that know-

is rarely sick or tired. “You know I am blessed to have great health and energy. I feel protected. I have been in dangerous situations, like when we film around the world under extreme conditions. I feel I have special protection.” Asked how and why she would have such health and endurance, she simply replies: “I love my work, particularly interviewing elders and young people from First Nation communities.” However long and winding their stories may be, no matter how sad, troubling and unfair they seem, Obomsawin has never stopped listening and has never let her spirit down.

Perhaps one reason for such indomitable energy could be her love of dance, as seen at the TIFF screening. “Whether I am happy or sad, I need to dance every morning. I won’t eat breakfast but I dance.” Sometimes the music is traditional, sometimes it’s pop: “It depends on my mood. I am open to any kind of music.”

In fact music was initially the tool she used to educate others about her people. In the ’60s, she sang to schoolchildren to bring them a native perspective of Canadian history. “The children were taught misleading stories that propagated a false image of our people and created a lot of hatred toward us. Unfortunately, it succeeded.” Her songs were telling a different side of the story. “I was not blaming the teachers – or anyone for that matter. I was simply singing about our life and our history.” Then she sang in prisons in the ’70s “because there was a very high population of our people in prison at that time. Unfortunately, it is the same now, if not higher.” Her ➤



ledge. But it is not something I like to discuss because it can be misinterpreted and mishandled by some.” Instead, Obomsawin prefers focusing on her films and talking about a wind of change she perceives for indigenous people in Canada.

As she searches the menu for a vegetarian dish, she explains, “I have never put meat in my mouth, not even as a young child.” Yet meat is central to traditional native food. “They [my parents] would try to feed meat to me, and I would spit it out. People around me used to say that I would die young. Here I am today,” she laughs.

In fact, not only is she alive and thriving in her 80s, she says that she

transition from singer to filmmaker came when a documentary about her singing in schools aired on CBC in 1966. Producers at the National Film Board saw the piece and invited her to work for them as a consultant. She accepted but, after a short time, she realized she didn't want to be the voice of the community. She wanted to have other First Nations' voices heard, to allow the people to speak for themselves, about themselves. Thus her career as a filmmaker began.

Her first documentary, *Christmas at Moose Factory*, was made in 1971 and featured the children of the Cree community of northern Ontario as the narrators. In their Cree accent, they described Christmas through their drawings. "While most people still speak Cree, English became predominant," Obomsawin says.

Her support of the younger generation has continued throughout her career, and she's hopeful that they are rediscovering traditional values. "They learn to walk the land and to know the land, the way our ancestors lived."

And beyond a deeper understanding of their culture, in recent decades aboriginal youth have also been granted firsthand knowledge of how to fight for their rights by observing their elders in battle. The 1990 Oka Crisis in Quebec, which Obomsawin documented in *Kanehsatake: 270 Years of Resistance*, was a turning point for all communities. "Many people have told me, 'We can never thank the Mohawks enough' for their resistance. All the communities in the country have experienced the

problem of land taken by next-door municipalities, and the resistance of the Mohawks has put an end to this kind of land-taking," she says.

In 2012 the Idle No More movement began as a reaction to Prime Minister Stephen Harper's Conservative government's legislative changes affecting indigenous

and a guide to snowshoe 1,600 kilometres to Ottawa to show their support for Idle No More. Several dozen youth from different communities joined the trek along the way.

"We have seen a lot of progress in the past 40 years," Obomsawin says, pointing out that Canadians in general, including non-natives,

are also tired of injustices. "They hear what has happened in the residential schools." Bands renegotiating with industry with a better knowledge of the law are among other great developments she sees.

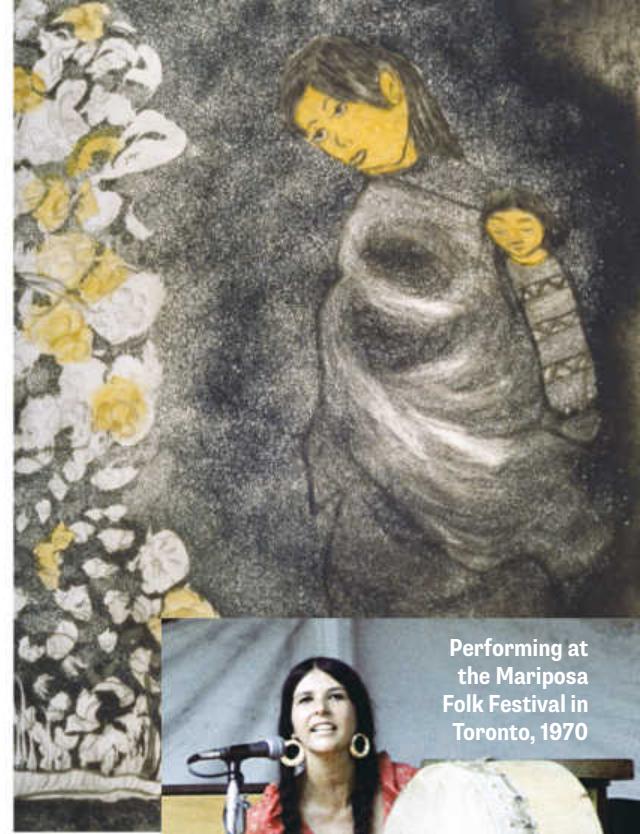
As an honorary witness of the Truth and Reconciliation Commission, which concluded that residential schools resulted in nothing less than cultural genocide for the Aboriginal Peoples of Canada, she shares these few words. "The revelations we heard during the commission were very serious. The findings of the commission are extremely important, but we will have to wait and see what the government decides to do with this." In a sad and weary voice, she adds: "We do not know."

Seeing is first and foremost what a filmmaker does, and Obomsawin shows no sign of slowing down.

"I adore my work, above all listening to people, especially older people, about how they managed to survive," she says. "The survivor is someone close to nature."

She speaks with great hope of a new beginning that will be good for her people but also for Canada as a whole. "I sense that there is a realization, a recognition of the importance of [our] traditions and values and a way of being with nature and the land." □







the Dream Weavers

These veteran innovators and influencers continue to shape Canada's fashion landscape, proving that style is more than child's play

By Derick Chetty Photography Chris Chapman



“I find it rewarding to see designers land big accounts, name recognition and get nominated for awards, and knowing we played a role in that.”

—Susan Langdon

SHE IS like a fashion fairy godmother, helping many a young designer take their first fledgling steps out in the harsh apparel industry. Too often when students graduate from fashion colleges, they are unprepared to deal with the expensive reality of studio rentals, machinery and the business acumen required to launch their label.

Enter the Toronto Fashion Incubator, run by Susan Langdon for the past 21 years. TFI was started almost 28 years ago by the

City of Toronto and is an award-winning non-profit organization dedicated to nurturing design talent by providing a variety of services such as mentorship, studio space and equipment. Langdon also stages the annual New Labels fashion show, a cross-Canada competition to discover the next Canadian fashion star. TFI's success can be measured not only by the many international cities – including London, Paris, Milan – that have adopted this concept but also by the number of design

talents fostered since inception, a lengthy list that includes David Dixon, Smythe, Greta Constantine and Line Knitwear.

From left to right: designer and current TFI resident Sid Neigum; alumna Gail McInnes of The Stylist Box; designer and resident Matthew Gallagher; designer and resident Miriam Baker; alumnus Christian Dare of The Stylist Box; designer and alumni David Dixon and Langdon, photographed on location at the Toronto Fashion Incubator

“Impress your customers. There is so much technology today. Don’t forget in retail it’s about you and me face to face.”

—Peter Simons



AS THE influx of foreign stores storm our shores and the battle cry has already resulted in the demise of several Canadian merchants, at least one local retailer is bucking the trend by not quivering but aggressively expanding.

Simons, the 175-year-old family-owned fashion retailer from Quebec City with

10 stores mostly in la belle province, is expanding with seven new stores throughout Canada. Guided by CEO Peter Simons, and his brother Richard, who is vice-president of merchandising, the formula mixes designer fashions, lower-priced but fashion-forward private label brands and some seriously stylish home decor items. Then, factor in their

cheery service and you'll understand why this fashion department store is beloved. As for the invading army of retailers, Simons' battle plan seems to be saying, rather cheerily, of course, “Bring it on!”

Peter Simons (left) and his brother Richard Simons, photographed on location in their Gatineau store



RETAILER and shoe designer Ron White might have discovered that holy grail of footwear – a stylish shoe that is also comfortable. The 46-year-old, who operates five Ron White stores in Ontario, experimented with materials and technology used at NASA and came up with the ultimate footwear for women, which he aptly called All Day Heels. With this success, he soon launched a higher priced collection of fashionable-but-comfortable evening shoes he took to the gifting lounges at the Oscars and Golden Globes. Once starlets actually took to wearing these shoes on the red carpet, it landed him major accounts. Today, Ron White shoes are also sold at Lord & Taylor, Hudson's Bay, Saks and Holt Renfrew. With three different collections at various price points, bridal footwear and a men's collection, it's not just boldface clients like Laureen Harper, Céline Dion and Christina Hendricks but also women of various ages everywhere who are thanking him for comforting soles.

White, photographed on location at his Toronto warehouse

“My thing is to make all my shoes feel like cashmere.”

—Ron White



NOBODY understands the importance of branding better than Joe Mimran. Apart from his own expertly crafted style persona, he has created three fashion companies – Alfred Sung, Club Monaco and Joe Fresh – that to this day, still have precision-sharp personalities that help them stand out in a crowded retail landscape. And now young designers and aspiring entrepreneurs have a golden opportunity to tap into some of his marketing genius.

Since leaving Joe Fresh, Mimran surprised the fashion world by unexpectedly turning towards television for his newest gig as one of the venture capitalists on CBC's wildly successful *Dragons' Den*. It is hoped he will impart not only his financial backing but some of that retail savvy to some of the candidates pitching their investment proposals.

"On the show, I'm a bit of a rudder. As much as I love the entrepreneurial spirit, I'm also a reality check. I'm even tempered. I don't get too crazed."

Mimran, photographed on location at the CBC's Toronto flagship headquarters

“The ability to make a success in fashion from Canada is one of the hardest things you can do in the world. You have many negatives. That’s the challenge. But it doesn’t mean it can’t be done.”

—Joe Mimran

"I love what I do."

-Milli Gould



THERE was a period in Toronto – the '70s and '80s – when luxury fashion in Toronto was dispensed by a handful of boutiques – Creeds, Joy Cherry, Chez Catherine – which were owned and operated by family dynasties.

There was another family: the Goulds, who quietly operated the Milli store, starting in 1964, in Steeltown Hamilton, and who also purveyed luxury merchandise. Always on the hunt for something

new and different, Gould traversed Europe to do so. Today, of those legendary boutiques, Milli is the one left standing.

Family-owned for more than 50 years, it is still helmed by matriarch Milli Gould, 82, and her sons, Mark and Ben. The business expanded with a Yorkville location in 2004, which will be closed this year and relocated to swanky new digs on Avenue Road.

Stocking some of the hottest designer labels of then and still now, such

as Lanvin, Erdem and Moschino, the tall and regal Milli still works in the store and continues to go on buying trips abroad.

The reason for their ongoing success? As Milli puts it, "Deliver something different. We were always a fashion store known for above and beyond service." □

Gould with her sons, Mark (left) and Ben, photographed on location in her Yorkville, Toronto store

all access

The wanderlust doesn't always end when mobility concerns set in. **Judy Gerstel** gives the differently abled strategies to keep ticking off that bucket list

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HE COBBLESTONES of Lisbon, the castle of Prague, the ruins of Rome – for most tourists, they're a dream come true. For the traveller with reduced mobility, they can be a nightmare. The big wide wonderful world is not always a welcoming place for the differently abled who yearn to experience its glories, curiosities and cuisines.

About 15 per cent of the Canadian population has a disability, and 25 per cent of those have a mobility problem. Hearing, sight and cognitive impairment account for the rest. For people 65 and over, the percentage with special needs rises to more than 40 per cent.

“I always wanted to go to France,” says Nancy Gilmore, wistfully. “And Italy. I looked into Greece, but it seems impossible.”

The 59-year-old Edmontonian uses a wheelchair but can walk short distances with a cane. An auto accident 20 years ago left her with an artificial knee and hip, with pins in her foot and with a mild brain injury. Her wanderlust, however, is unimpaired. With the help of her husband, Hugh McAlary, and with online research, Gilmore has travelled in North America and spends a couple of weeks every winter in Hawaii.

“We rent a condo, and through websites like VRBO.com [Vacation Rentals by Owner], I make sure they have exactly what I need: a walk-in shower, a pool that I can walk into that doesn't have steps.”

But Europe beckons. What is the one thing that could make a difference in Gilmore's travel life?

She doesn't hesitate for a moment.

“Information,” she declares. “Just getting reliable information about hotels, transportation, special services, the places you're going to be seeing, how to get around them. In other words, about everything.”

Unsurprisingly, information about everything a traveller with special needs might encounter – and using social media to make that information available – was the hot topic at the first international Destinations for All summit, convened in 2014 in Montreal by what is now known as Kéroul (“Quebec Rolls”) and the Quebec Department of Tourism.

And they weren't kidding about mandating destinations for all. Everything was up for discussion, from castles and Machu Picchu to ski resorts and boating marinas. (And, yes, visiting Machu Picchu, skiing and boating are all possible for people in wheelchairs and with reduced mobility.)

Accessibility, said Belgian hotel executive Vincent Snoek, “begins in the parking lot, continues through the entrance and extends to every area.”

It also includes training staff. If a towel is placed on a rack two meters high, for example, it's impossible for a person in a wheelchair to reach it. Gilmore once booked a wheelchair-accessible room at a Toronto hotel, only to find on her arrival that it was situated in a separate building reached by a steep pathway right up to the doors wide enough for her wheelchair.

“But how the heck was I supposed to open the doors and keep myself from rolling down the pathway?” she says.

The main barriers to destinations for all, said conference participants, include lack of adapted supply and of information that is accurate, uncomplicated and complete. One of the biggest obstacles is attitude, they agreed.

Snoek said pointedly, “People ask, ‘Why do you want disabled people as guests?’”

His response: “Why do we want healthy people as guests?”

Adapting tourism to accommodate an aging population and expanded market is certainly profit-driven,

but there is also an increasing sense of social responsibility.

Toronto's Eaton Chelsea Hotel is the first in Canada to adopt Closing the Gap, an accessibility program designed to enhance the hospitality experience for persons with disabilities. The hotel offers a Guest Accessibility Package for physically disabled guests with everything they need to know about the hotel, its amenities and surroundings. It also offers an Autism Comfort Package.

Quebec's Accessible Road initiative (theaccessibleroad.com) developed by Kéroul suggests journeys throughout the province, including a weeklong nature tour with nights in a yurt, a Huttopia tent and a waterfront condo.

In Europe, London's famed Victoria and Albert Museum is fully wheelchair-accessible and includes replica objects that can be touched by people who can't see them.

The city of Paris publishes a booklet and website guide (parisinfo.com) for disabled visitors, including information about electric scooters available for rent by people with reduced mobility, a fleet of taxis adapted to people in wheelchairs and fully accessible bus and tram lines.

For borderless info, websites similar to TripAdvisor but with reviews by people with disabilities, such as euansguide.com, are increasing.

For instance, Gilmore and her husband had a wonderful weekend in Manhattan based on the advice found on the site gimponthego.com.

Edward Manning, a sustainable tourism consultant, and his wife, Margo, who uses a wheelchair, are developing a global information system for accessibility. It will go “beyond classifications and symbols and provide facts to people who can then decide about their capabilities that day: ‘Can I go there? Can I do that?’” said Edward, 69, president of Tourisk, an Ottawa-based consulting firm that fosters sustainable tourism.

Facts that can help answer those questions include the number of stairs, the angle of the incline, the width of doorways, the size of washrooms and the walking distance.

But despite the worthwhile goal of destinations for all, some tourist sites will likely remain inaccessible. “Castles were not designed to be accessible,” said Heather Smith, equality specialist of England's National Trust. Nor, she might have added, are ruins. Sometimes, she said, “conservation of heritage blocks access. The balance is a challenge.” She cited the difficulty of putting elevators in some historical buildings and how the vibrations may be destructive. Technology, however, can come to the rescue with interactive videos revealing everything in areas that are inaccessible.

“Accessibility begins in the parking lot, continues through the entrance and to every area”

But there are also grand success stories of adapted attractions. Gilmore will be delighted to learn that Greece – or at least parts of it – is indeed accessible. The historic centre of Athens and the Acropolis Museum – the third most popular museum in the world, with 1.3 million visitors annually – have been made accessible to people with disabilities since the Paralympics in 2004. The removal of roads, barriers and cobblestones and the creation of a pedestrian route make it possible for people with wheelchairs and mobility issues as well as families with strollers, to experience modern and ancient Greece.

In the end, it's not just accessibility that matters; it's accessibility of accurate information. □

A Whole New Ball Game

Take a break from wine as beer steps up to the plate for a cheese-tasting party **By Rebecca Field Jager**

ALTHOUGH LIZ Payne, the proprietor of The Milky Whey Fine Cheese Shop, located in downtown Stratford, Ont., knew beer and cheese were a match made in heaven, when she first started offering pairing classes five years ago, she felt uneasy about the venture. North America's premier theatre destination is flush with vino enthusiasts, after all.

"I was surprised when the classes started filling up. Although some of the participants were skeptical

when they came in, afterward I often heard things like, 'Beer and cheese? Wow. Who knew?'"

Although Payne offers both beer and cheese as well as wine and cheese classes, she finds that wine can be more intimidating. "Beer is just so down-to-earth the classes are more laid-back."

Payne's sentiments come as no surprise to Mirella Amato, Canada's only certified Master Cicerone, which is a specialist in the selection, storage and serving of beer. "I've never met a cheese expert who

doesn't think cheese is easier to pair with beer than wine. Beyond the fact that they are both farmhouse products, beer has two strengths. One, its carbonation helps scrub oils from the tongue, prevents cheese from coating the mouth and helps to cleanse the palate. And, two, because cheese is often salty and calls for frequent sips, beer's low alcohol content allows you to wash down cheese without worrying about if you're going to be able to stand up."

The secret is out. Cheese, wine's long-time faithful companion, has

PHOTOGRAPHY: COLLEEN NICHOLSON



Langdon Hall executive chef Jason Bangerter's hearty Oktoberfest Beer & Cheese Dip (see recipe, page 90). **Chef's Tip** Serve with poached wurst, steamed fingerling potatoes and warm pretzels.

been playing around with a new lover – beer. The pairing raises a few brows here in Canada. Why would one of our national treasures – Quebec's Laliberté, a creamy soft cheese with a bloomy rind, or P.E.I.'s Avonlea Clothbound Cheddar – be drawn to the likes of a brewski, a.k.a. Suddy Buddy?

"Beer and cheese are known to have a natural affinity," says Philip Belanger who, as jury chairman of the Canadian Cheese Grand Prix Awards, nibbled his way through a whopping 268 entries this year. "Both start with grass – wheat and barley in the case of beer, and actual grass, which the cows consume, in the case of cheese."

This may explain the popularity of the traditional ploughman's lunch and football's favourite combo of pizza and beer, but considering that beer and cheese have both been made in Canada since the 1600s, why is it only now the duo has become a tasting trend? Specialists in both fields, says Afrim Pristine, *maître fromager* and the owner of Toronto's Cheese Boutique, are focusing on quality craftsmanship and ingredients. "Cheese and beer are part of the Canadian DNA – most of us grew up loving the stuff. But never before has there been such an awareness of the diversity and quality of Canadian cheese and beer. The quality continues to rise – it's an evolution of both palate and product."

Blame on it on decades of homogeneous beer, says Amato. The global director of beer knowledge for Anheuser-Busch InBev and author of *Beerology: Everything You Need to Know to Enjoy Beer ... Even More*, points out that post-the First World War, in terms of beer variety, our nation suffered a drought. "In the years following Prohibition, the few surviving breweries in Canada struggled and, in order to grow, many mergers and acquisitions took place. Products were streamlined and as a result, for

What You'll Need

- For the tasting: 4 types of cheeses, 1 ounce per guest, and 4 types of beer, 4 ounces per guest (for styles of each, see Philip Belanger's suggested pairings)
- More of the above so guests can mix and match after the tasting
- 1 small plate per guest
- 4 tasting glasses (brandy snifter style, wine-tasting glasses, anything balloon shaped) per guest
- basket of mild, plain crackers on which to taste soft cheese and to offer as a palate cleanser between pairings
- 4 cheese knives for slicing
- large cutting board for cheeses
- fondue pot, small crockpot or earthenware bowl for hot dip and platter for accompaniments

Set-Up and Ambience

- Remove cheese from fridge about half an hour or so before actual tasting but keep the beer chilled

- Set out cheese on board large enough to make cutting easy
- Decor-wise, go super simple – think farmhouse style! Avoid the fancy, pretentious tableware you might have used for that "other" pairing
- Create a playlist of Canadian jam bands such as Blue Rodeo and the Tragically Hip
- Set out cheeseboard and line up 4 tasting glasses per guest. Taste cheese first and then take a sip of the accompanying beer to wash it down. Share Belanger's notes, encouraging conversation as you move through each of his recommended pairings. Did Belanger get it right? How does the beer and cheese influence each other?
- After the tasting, invite guests to pour a glass of their favourite brew and sample it with all of the cheeses
- Later in the evening, serve up the beer and cheese dip

decades, our beer landscape was flat."

Indeed, boomers who came of legal drinking age in the '60s and '70s – or occasionally pilfered a pint from their dad's stash – will remember the days when Canadian beers were all the same. "What you drank was undoubtedly a lager or ale, golden in colour with an alcohol content of about 4.5 per cent and a delicate flavour with no bitter finish."

It wasn't until the mid-1980s when microbreweries and brew pubs began popping up in Canada did we recover some of our lost beers. Today, there are hundreds of producers operating across the nation – British Columbia, Ontario and Quebec boast the biggest craft beer scenes – and so happily, we can raise a glass of everything from pilsner, porter and pale ale to malt, bock and stout. Specialty beers – typically limited-time offerings brewed in small batches and fea-

turing seasonal ingredients such as raspberries or extra hops – abound. "Craft beer and imports have created a revival of styles, flavours and variety from golden to pitch black, under three per cent to more than 14 per cent, crisp and refreshing to sweet and rich," notes Amato.

To cheese experts, the rise of craft beer has been a welcome one. Pristine says that the state of beer in Canada today is finally catching up to that of cheese. Not surprisingly then, experts in both fields are collaborating, while a few are creating all-in-one experiences. "I'm working with select cheese makers to come up with specialty cheeses that are cured or washed with beer. So far, we've created three such products."

With the hop harvest winding down and Oktoberfest festivities gearing up, the craft beer scene is in full swing, so it's the perfect time ►

to host a beer and cheese tasting party. For the tasting itself, we're going with four types of cheeses paired with four styles of beer. See Philip Belanger's pairing suggestions on the chart below for general descriptions of each, along with his tasting notes to explain the pairings.

To set a mood of merriment, kick off the party by reminding guests that the first Oktoberfest was held to celebrate the 1810 marriage of Bavarian Prince Ludwig to Princess Therese of Saxony-Hildburghausen. You've gathered everyone together to fete a more recent love story: the long-awaited union of Canada's sweetheart to the boy next door ... who has finally grown up. ☺

OKTOBERFEST BEER & CHEESE DIP

By Executive Chef Jason Bangerter, Langdon Hall

Make 2½ cups

1 tsp butter
1 clove garlic, grated



4 oz	Belgian-style saison (farmhouse ale)	Place butter in pot over medium heat. Add the garlic to scent the pot. Add beer and Riesling and bring to a simmer. Add half of each cheese and stir until melted. Add remaining cheese and kirsch, if using. Add slurry and mix until smooth and silky. Finish with a pinch of baking powder. Serve warm with poached wurst, boiled fingerling potatoes, simmered cabbage, pieces of baguette and warm pretzels.
4 oz	Riesling	
5 oz	Emmental cheese, grated	
5 oz	Gruyère cheese, grated	
	Splash of kirsch, a colourless fruit brandy, usually cherry, of German origin (optional)	
3 tbsp	cornstarch slurry (add just enough beer to make thin paste)	
	Pinch baking power	

Philip Belanger's Pairing Recommendations

Type of Cheese	Grand Prix Winning Pick	Type of Beer	Why You'll Love It
■ Soft cheese with a bloomy rind, i.e., Brie Laliberté	■ Fromagerie du Presbytère, Que.	■ a sweet pale ale	Cheese's creamy flavour with mushroom, earthy notes balance beautifully with sweet pale ale with a light body and added fruity flavours
■ Old cheddar aged 1 to 3 years	■ Avonlea Clothbound Cheddar, Cows Creamery, P.E.I.	■ a strong IPA or a stout	Concentrated flavours of older cheddars require bold beers. Nutty and fruity flavour of cheddar pairs well with hops and roasted malt
■ Aged gouda	■ Gouda Aged, Sylvan Star Cheese Ltd, Alta.	■ stout	Assertive cheese with caramel flavours goes well with a dark stout with a rich espresso taste, and deep colour from black to chocolate with barley and malts
■ Swiss-type	■ Louis d'Or, Fromagerie du Presbytère, Que.	■ a bock, dark lager or traditional German Oktoberfest beer	Floral, sweet flavour of cheese is brought out by strong beer with robust malt character, dark amber to brown in hue

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AWASH WITH SQUASH

Now's the time to try all the colourful, flavourful varieties of fall squash. They are an excellent source of beta-carotene and you can hollow them out and use as festive serving bowls for *Squash Risotto*.





MIX IT UP

Spice up your usual smoothies with new combinations of fruits and veggies. Try pumpkin with banana, beet with berries, and carrots with apples.



SAVE FOR LATER

Canning, preserving and pickling make the season's best last all year long. Fall's must-make: *Pumpkin Jam*. It's scrumptious on bread, pancakes or a turkey sandwich.



FALL'S HEALTHY FEAST

1 Counting carbs?

Cauliflower has a low glycemic index and is a great potato alternative. Aside steamed fish, a cauliflower puree is delish! **2 Local** produce is the star

of autumn desserts like pumpkin pie and carrot cake. Visit Metro to stock your pantry with holiday baking essentials, like allspice, cinnamon, cloves and nuts.

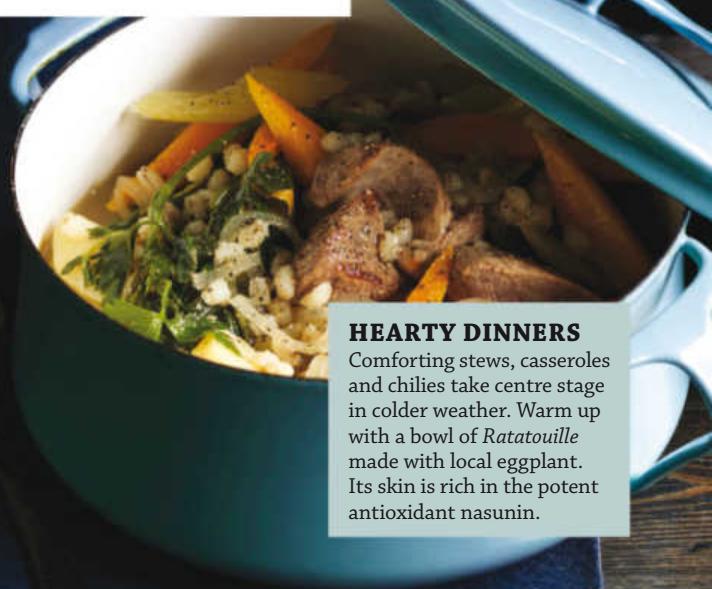
3 Freezing your

favourites is both a money- and time-saver. Most veggies can be frozen up to one year. And since they're precooked, they're quick and easy to use—just heat and serve.



ROASTED SIDES

Every Sunday roast should cozy up to a side of veggies. Try Metro's *Roasted Vegetables* recipe with Ontario squash, beets and potatoes—simply fantastic!

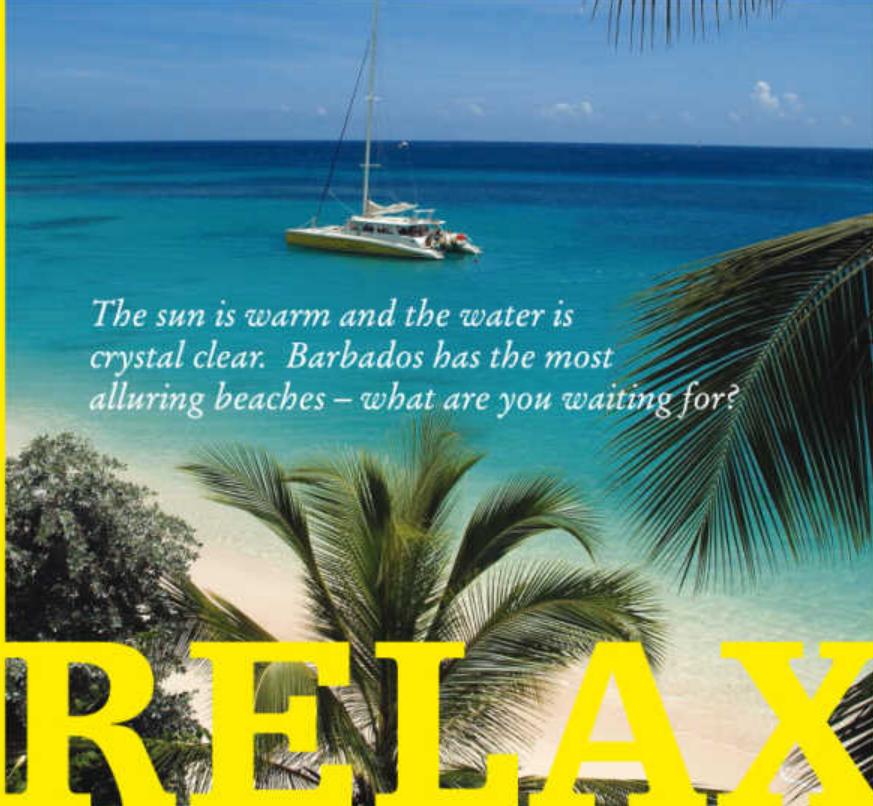


HEARTY DINNERS

Comforting stews, casseroles and chilies take centre stage in colder weather. Warm up with a bowl of *Ratatouille* made with local eggplant. Its skin is rich in the potent antioxidant nasunin.



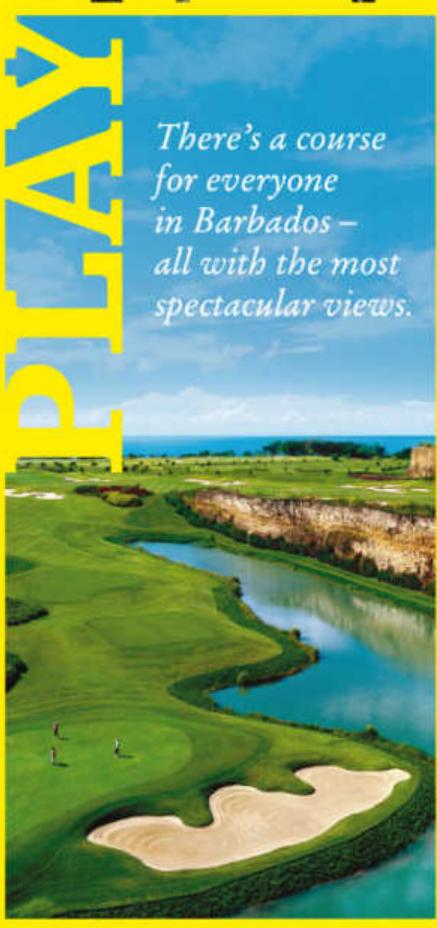
Shop your local metro store for more delicious options and visit metro.ca for information on the **My Healthy Plate Program**.



The sun is warm and the water is crystal clear. Barbados has the most alluring beaches – what are you waiting for?

RELAX

PLAY



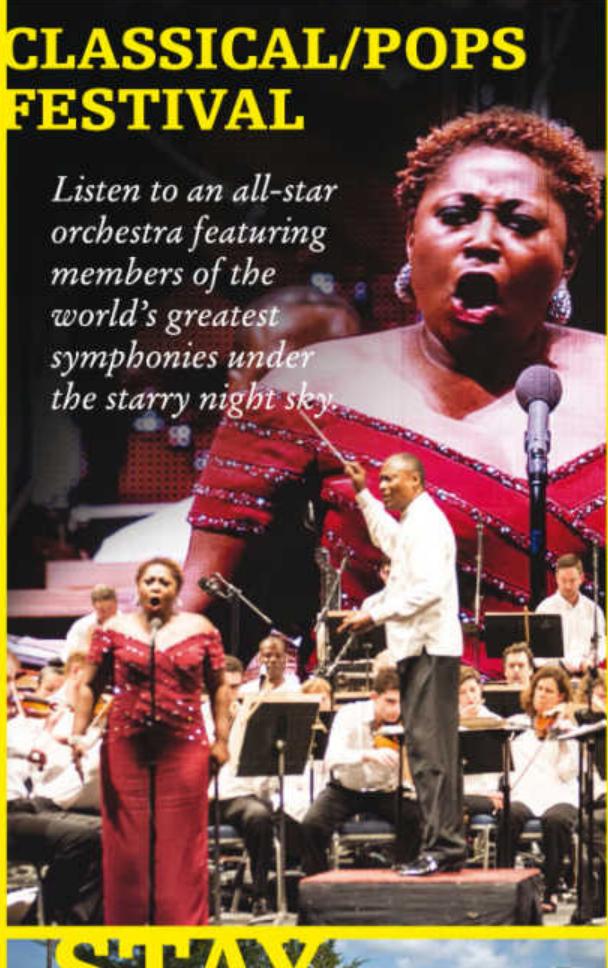
There's a course for everyone in Barbados – all with the most spectacular views.



A roadside fish fry or an elegant table seaside? Both are delicious options.

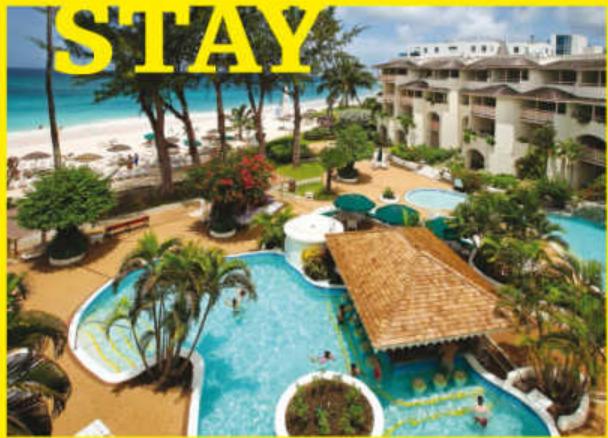
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GOLD STANDARD

Never having lost its cool, whisky is hotter than ever. Here, a toast to this classic **By Margaret Swaine**

ONE CAN SAY the nip came before the nation as whisky distillation came to our soils before we were called Canada. While European immigrants had brought stills and knowledge of distillation with them as early as the 1700s, the federal Dominion of Canada was formed on July 1, 1867, when three British colonies became four provinces of the new dominion.

The famous settlers who laid the foundations for Canadian distillation include Molson, Gooderham, Worts, Corby, Wiser, Walker and Seagram and, by the late 19th and early 20th centuries, our own Gooderham & Worts was briefly the largest distillery in the world. The legacy of the Gooderham and Worts families lives on as a tourist destination in Toronto, the Historic Distillery District.

Today, it's common for multinational spirit conglomerates to buy and sell brands and distilleries from each other. For example, Hiram Walker – a grain merchant who created Club Whisky, which was later branded as Canadian Club in 1858 – J.P. Wiser's and Corby brands are all part of Pernod Ricard, a huge French-owned spirit company. The Hiram Walker Distillery in Walkerville, Ont., a district within the City of Windsor, is now the largest distiller in North America, with 1.7 million barrels of whisky slumbering in the distillery's 19 warehouses down the highway in the community of Pike Creek. Dave Mitton, global brand ambassador for J.P. Wiser's, says that combined, the warehouses are the size of 97 hockey rinks. They're the only whisky-aging facilities in the world where the temperature fluctuates from -30°C to 30°C. This range allows for a unique interaction between the wood of the barrels and the spirit that creates a sweet mellow flavour. Only in Canada.

In Walkerville the Canadian Club Heritage Centre is open to the public interested in viewing a piece of ▶

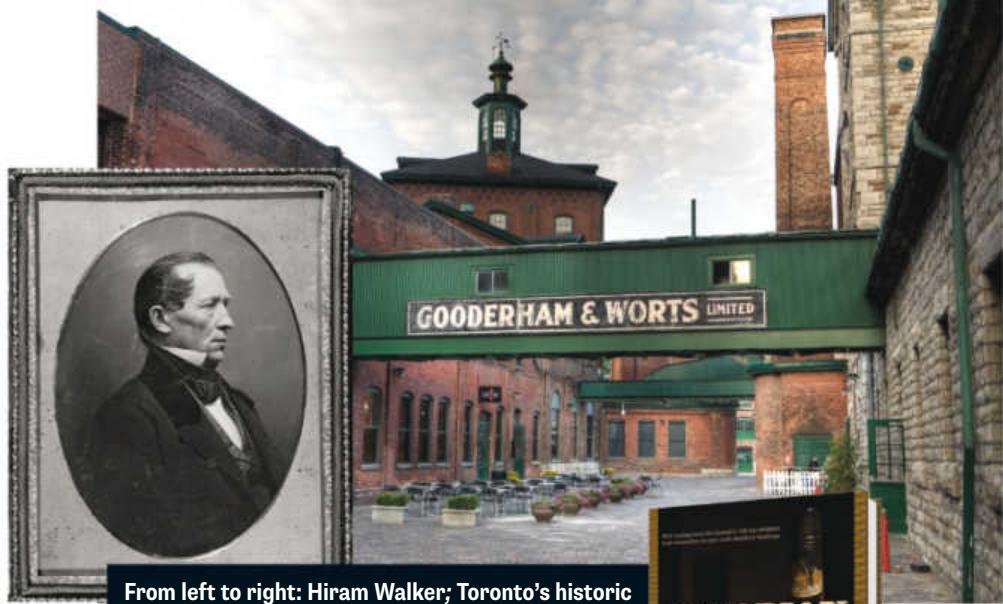


"There is no bad whiskey. There are only some whiskeys that aren't as good as others" —Raymond Chandler

Canadian history. A 90-minute tour at the centre brings guests into the basement's Speakeasy Room, where meetings were held with Al Capone and the Purple Gang. There, guests hear of how many Americans quenched their thirst during Prohibition (1920 to 1933) with Canadian Club. No booze restrictions now: the tour finishes with a pour of Canadian Club 1858 and Dock 57 Spiced Canadian Club Whisky.

A couple of interesting historical facts about the spirit: In 1890, Canada became the first country in the world to mandate the aging of whisky. (Scotland and Ireland only followed suit about 20 years later.) Canadian whisky first became huge in the U.S. from 1861 to 1865 during the American Civil War, long before Prohibition. By 1831, there were already 70 distillers in Lower Canada. During the war, the American North had its whisky supply cut off from the South, and these Canadian whisky barons took advantage.

HBO's *Boardwalk Empire*, a Prohibition drama, is set in the 1920s during a high point in CC's popular-



From left to right: Hiram Walker; Toronto's historic Distillery District; for history buffs, pick up Davin de Kergommeaux's book *Canadian Whisky*

ity. Beam Suntory Inc., the company that owns the brand, partnered with HBO during the show's second season on a dual marketing push. In Canada and the U.S., Prohibition-themed events and screenings were held by Beam, and restaurants and bars hosted their own speakeasies.

And, as TV hit *Mad Men* took its final bow earlier this year, Canadian Club may have lost its most notorious devotee in the form of the stylishly influencer character Don Draper. The '60s-style bottles you

see him pouring from are "repros," all straight from Walkerville.

The show's end, however, hasn't stopped new fans from getting turned on to retro whisky cocktails such as the Manhattan, Old-Fashioned and Sazerac – all are cool now. Their popularity is bolstered by the growing barbecue and smoked meat trend, a perfect match for these smoky drinks. This past April in

LOT NO.40 TOBACCO MANHATTAN

2 oz	tobacco-infused Lot 40 Canadian Rye Whisky
1 oz	Dolin Rouge Vermouth de Chambéry
3	dashes Angostura bitters Skewered cherry

Combine whisky, vermouth and bitters in a cocktail shaker; add ice, shake and strain into a coupe. Garnish with cherry.

MONK'S VICE

2 oz	Wiser's Legacy Canadian Rye Whisky
1/4 oz	green Chartreuse
1/2 oz	Brandy and Benedictine

3 dashes Angostura bitters

3/4 oz Lapsing Tea Tincture (recipe follows)

Combine whisky, chartreuse, B&B and bitters in cocktail shaker; add ice, shake and strain into a coupe.

LAPSING TEA TINCTURE

1/4 cup	loose-leaf lapsang tea
1	bottle Absolut Elyx Vodka
	Combine tea and vodka in airtight container and let stand until mixture reaches desired strength, shaking occasionally. Strain before using.

PEPPERMINT GINGER SOUR

1 1/2 oz	Wiser's Deluxe Canadian Rye Whisky
1 oz	lemon juice

1/2 oz egg white
1 oz black pepper
ginger syrup
dashes of Dillon's DSB bitters
1 mint sprig
Black pepper

Combine whisky, lemon juice, egg white, syrup and bitters; dry shake to emulsify. Add mint, shake and strain into a coupe. Garnish with a touch of black pepper.

All recipes courtesy of The Carbon Bar

Toronto, The Carbon Bar teamed up with Cumbrage Farms and Canadian Whisky to offer the ultimate dining experience; a 10-dish menu called Smoke, Meat and Whisky.

The Carbon Bar, chef Hidde Zomer, and Wiser's brand ambassador Mitton, who is also the owner of Toronto's Harbord Room, collaborated to match house-created cocktails with the dishes. (See drink recipes below, left.) At home, The Carbon Bar suggests matching the Monk's Vice cocktail, a rye-based drink with Chartreuse and B&B liqueur, with a barbecued Cornish hen or picnic chicken with a sweet and spicy barbecue sauce. The Peppermint Ginger Sour (rye, black pepper ginger syrup, egg white and lemon juice) goes well with merguez, a North African lamb sausage. And with the Lot No. 40 Tobacco Manhattan (tobacco-infused rye with vermouth), baby back pork ribs with a sweet and spicy barbecue sauce. □

WHISKY À GOGO

ON A RECENT stopover in London, I met Cesar da Silva, the bar manager at The Capital hotel in the tony Knightsbridge area. Da Silva was on his way to hold his whisky master class, a regular event at the hotel. He may be Portuguese but he knows a thing or two about a wee dram. He's a whisky sommelier and the youngest Keeper of the Quaich in the U.K. That means he's a member of a club that upholds the prestige of the spirit and the scotch industry. I mentioned that I was just back from the Isle of Islay, in Scotland. "Ah," he smiled, after mixing me a drink. "Ardbeg is my favourite distillery." Join the club but just make sure it comes with ▶

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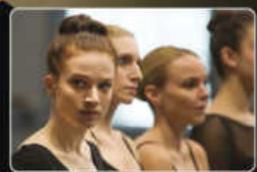
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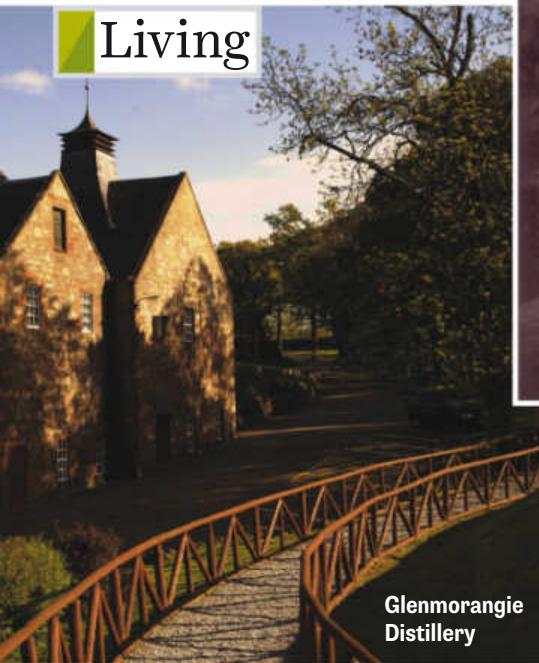
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Glenmorangie
Distillery

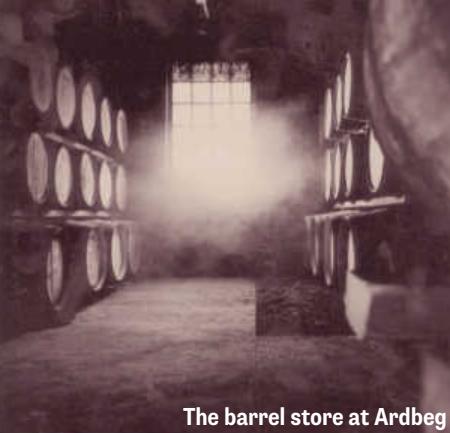
dessert – see No. 4. That, and nine more pieces of essential information I picked up from the source.

1 No wonder they call it a whisky trail. On the tiny Isle of Islay sit some of the biggest names in Scotch whisky: eight malt distillers (soon to be nine) that count Laphroaig, Lagavulin and Ardbeg, all at about 200 years young this year. At approximately 620 square kilometres, that means a whisky distillery every 50 square kilometres.

2 There are never enough titles. Like any good blue-blood worth his title, HRH the Duke of Rothesay likes his scotch. In fact, he attended Ardbeg's birthday party on Islay this past June. By the way, that's HRH Prince Charles to you and me.

3 The Islay has it. On the isle, it's not just single malt Scotch whisky – it's single Islay malt Scotch whisky. Apparently, there's something about the peat here, a smoky, rich, briny sort of peat. It tastes like a mouthful of smoked bacon, dark chocolate, a squeeze of lemon and, heck, even a hint of VapoRub thrown in.

4 You don't have to be a fan of smoky peat. Pair an Ardbeg 10-year-old with dessert, say, a sticky toffee pudding with vanilla



The barrel store at Ardbeg

sauce. The sweet caramelizes the Ardbeg. Add a single drop of water, and your olfactory system will fill with the scent of salted toffee, cinnamon and just a spot of almonds.

5 Blame Canada. Hiram Walker and Sons briefly owned the company in the 1970s. Unfortunately, Ardbeg closed under the company's watch, but it did re-open intermittently from 1989 to 1996 until Glenmorangie bought it in 1997. They were both purchased by French luxury goods producer LVMH in 2004.

6 Nessie sightings not included. Unless you've overindulged on the spirits-side of things. Take a trip to the aforementioned Glenmorangie distillery, in Tain near Inverness and the storied Loch Ness.

7 It is medicinal, after all. Founded in 1843, Glenmorangie was known for its "16 Men of Tain," the local moniker for the group of whisky craftsmen. The men continue to use the "giraffe" stills, said to be the tallest in Scotland, named for their graceful, curving necks. The height of the stills helps convey the spirit's fruit flavour. Back in the day, the men would line up at lunch for part of their compensation, a daily dram of whisky.



THE ORANGE SPORRAN

Courtesy of Jon Macleod-Holdsworth, Loch Ness Country House Hotel, Inverness

45 ml	Glenmorangie single malt whisky
25 ml	Grand Marnier cognac
2 to 4	dashes Angostura bitters
	Twisted orange peel

Combine whisky and cognac with ice. Coat inside of rocks glass with bitters; add ice and shake to chill glass. Dump ice. Strain whisky mixture into glass. Scorch peel over cocktail and use as garnish.

THE GLENTINI

Courtesy of Cesar da Silva, The Capital hotel, London, England

35 ml	single malt whisky
10 ml	Krupnik honey vodka liquor
25 ml	apple juice
25 ml	grapefruit juice
	Orange oil
	Ardbeg 10 year old

Combine whisky, liquor and juices. Strain into martini glass. Top with a few drops of orange oil and five drops of Ardbeg.

8 Nice way to recycle and reuse. Glenmorangie The

Original is also single malt – this time, it's Highland Scotch, mind you – and matured for 10 years in American oak barrels in which bourbon once came of age.

9 There's no smoke here but there is a little fire. In The Original, the tang of peach, the depth of vanilla and the tartness of orange all converge to create an aroma and a flavour that's mellow with a twist.

10 There's always golf. Glenmorangie is only about an hour and a half drive from St. Andrews Links, the birthplace of golf and site of the 144th edition of The Open, golf's oldest major championship. Fore! –Vivian Vassos



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Farmers markets are in season.
Dick Snyder takes a road trip

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BURNHAM MARKET'S APPLESAUCE CUPCAKES AND ALMOST FUDGE ICING

"It's the cupcake recipe I discovered as a young mother and adapted it a bit," Anne Burnham says of the 30-year-old recipe. "And it's good for a cake, too." For the applesauce, McIntosh, Spartan and Empire are favourites, but most kinds will do.

Unsweetened Applesauce

8-9 cups apples, peeled, cored and sectioned

1 cup water (approx.)

Place apple sections in a pot with enough water to keep from burning. Cook over medium-low until soft. Let cool slightly, then whisk smooth (a food processor or mixer works well, but avoid overprocessing). Keep refrigerated for 2 to 3 weeks or freeze.

Cupcakes

½ cup butter or oil

1 cup packed brown sugar

1	egg
1 ¾ cup	flour
¼ tsp	salt
1 tsp	baking soda
1 tsp	cinnamon
1 cup	applesauce (unsweetened)

Cream together butter and sugar. Beat in egg and and rest of ingredients in order and mix. Spoon batter into lined muffin tin. Bake in 350 F oven for about 20 minutes. Let cool.

Icing

1 cup	packed brown sugar
Pinch	salt
¼ cup	butter
¼ cup	milk
2 cups	icing sugar (approx.)
1 tsp	vanilla

In saucepan, combine sugar, salt, butter and milk; cook over medium heat until sugar is dissolved. Do

HERE'S A BRIGHT red 1952 Massey-Harris tractor parked on the lawn at **Burnham Family Farm Market** in Hamilton Township between Cobourg and Port Hope, about an hour east of Toronto. It's no prop for the kids to climb. That's your first indicator that Burnham's is the real deal. This is an old-timey country market that's woven into the fabric of Northumberland County since the sixth-generation farming family purchased it in 1994. They carry fresh produce from Ontario farms, homemade breads, pastries and their famous pies. It's a family affair, with Anne Burnham (right) running the show, where locals come to get the latest news while picking up tea biscuits, the hottest seller. "Get to know your local farmer" is more than a catch phrase here – you pretty much have to join in the chatter. www.burnhamfamilyfarmmarket.ca □



For a recipe for Burnham's Chicken and Biscuits, go to www.everythingzoomer.com/burnhams-chicken-and-biscuits.

not overcook or it becomes brittle. Add icing sugar a little at a time, as you may not need the full 2 cups. It will seem runny but will thicken as it cools. Once you have desired consistency, stir in vanilla and frost cupcakes (icing can be rejuvenated by warming in microwave or by adding a little more warm milk).



PROVENANCE

FAMILY FARM MARKETS - a.k.a. on-farm markets - are the ultimate in "local." There's always something on offer, be it a bakery featuring heirloom recipes, U-pick berry and apple orchards, a corn maze or cute farm dogs. Here, three more to visit. But beware: they all seem to claim best butter tart status.

■ **Andrews' Scenic Acres** A Mennonite barn has housed the market since 1980. In 1999, they added the Scotch Block Winery, fermenting their own berries and grapes. Best bets: frozen yogurt made with fresh berries, sweet corn, preserves and honey. Open daily May 1 till Nov. 1; weekends till Dec. 31. *Halton Hills*; 905-878-5807; www.andrewsscenicacres.com

■ **Hewitts Farm Market & Bakery** celebrates 40 years in the business next year, and three sons are poised to keep things running on the family farm just west of Orillia. Best bets: Hewitt's own sweet corn and maple syrup, plus local honey and foodstuffs from nearby producers, including beef and poultry. Squash, pumpkins and gourds for fall. Open year-round. *Coldwater*; 705-325-3000

■ **Round the Bend Farm Market and Garden** Since 1986, they go all out in the fall with harvest decorations and, of course, a corn maze. Best bets: turkeys, including raw ground turkey dog food. Wide range of vegetables, from okra and eggplant to melons and tomatillos. Open seasonally (call ahead). *Kettleby*; 905-727-0023; www.roundthebendfarm.com

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Dietitians have the education and skills necessary to translate medical and nutrition information into practical healthy eating plans for healthy eating. They can help with food sensitivities, allergies and nutrition related diseases like diabetes, heart conditions, high blood pressure and high cholesterol.

Be prepared for your first visit

Bring along any medical information, including prescription information, and be clear about why you need nutrition help.

Make sure you know what to do after your visit

At the end of your visit, go over the instructions or any information about your nutrition plan. Ask questions and be clear about the treatment goals, next steps, or follow-up appointments.

The College of Dietitians of Ontario works to help dietitians maintain ethical, respectful and professional relationships with their clients. As regulated health professionals, dietitians are held accountable to the College for their conduct. If you have any concerns or complaints about the services you have received from a dietitian, you can call the College for help.

For more information about Registered Dietitians, go to

www.mydietitian.ca

As autumn waxes and natural light wanes ...

Home

LET THERE BE (SMART) LIGHT

By David Lasker

NOW'S THE TIME TO reflect, rather than recess. Yet, recessed down-lights in the ceiling for ambient or general room lighting is trendy. "Over the last decade, architects and designers have used nothing else," says Charles Lyall, founder and owner of Eurolite on Toronto's Queen's Quay East. "You go into these places, and it looks like someone let loose with a shotgun on the ceiling. It's inefficient. Your second-largest reflector in a room – and all lighting works by reflection – is the wall. Your biggest reflector is the ceiling. With recessed lights, you're not really getting those reflections."

THE LIVING ROOM A sconce – a light attached to a wall bracket – throws an amazing amount of light. In the large room where we chatted, two 20-watt LED sconces supplied half the room's lighting. Sconces work by throwing light up to the ceiling and/or (de-

pending on the model) off the walls so it bounces around and down. Primary reflections ricochet into secondary reflections. These multiple weaker, ghost lighting sources augmenting the actual source add interesting, complex shadows that add drama and warmth to a room. A torchière (open-bowl floor lamp) or pendant light (chandelier) boasts similar benefits.

THE KITCHEN Task lighting, exemplified by desk lamps and under-cabinet lighting, illuminates the demanding task at hand. How much light do you need to chop onions? About twice as much at 60 as you did when you were 20, Lyall says. "The receptors in your eye don't work as well by your late 50s. And as people age, they have depth-perception issues."

THE BATHROOM For the smallest room in the house, "It's nice to have the tiny little nightlight that burns one watt of energy in the bathroom," Lyall says. "People who are 24

years old don't get up in the middle of the night to go there. People who are 65 do." To enhance nighttime comfort and safety on indoor or outdoor staircases, he suggests installing unobtrusive LED (light-emitting diode) lights in the wall a few inches above every third or fourth stair. They can stay on from dusk till dawn because just eight or 10 watts will light the entire stairwell. "You can get really good LED step lights for about \$100," he says. The lights are recessed into the wall. Recessed lighting is fine here, where we aim for safety, not romantic reflected shadows.

MORE LIGHTING INTELLIGENCE

■ You can boost energy efficiency with "intelligent" lighting. Germany's Nimbus, for instance, makes LED lighting with occupancy sensors that maximizes power when you walk near or under a light, then dims to 20 per cent. Its smartphone app allows you to take control remotely.

■ **Beware compact fluorescent light (CFL) greenwashing.** Remember the Government of Ontario-sponsored ads featuring environmentalist David Suzuki exhorting us to ditch our Edison light bulbs in favour of CFLs? Well, bring your used CFLs to a toxic waste dump because they contain mercury; and take extra care if you break one. Greenbulbstore.com's steps for clean-up convey urgency: "1. Get people and pets out of the room and ventilate for at least 15 minutes. 2. Carefully remove broken pieces, debris and dust without sweeping or vacuuming. 3. Store all debris and cleanup material in a glass jar with a gum-seal metal lid outside."

If you're among the many who can detect flicker (electric current is called AC because it cycles on and off continuously 60 times a second), a CFL, more than other lighting types, can have a strobing effect that drives some people crazy. "The carbon footprint of the [CFL] retrofit is six times greater than that of an incandescent bulb," says Lyall, who has no dog in the lighting-type race. "Also, they tell you, 'This equals a 75-watt bulb.' Yeah, for about two or three weeks. Then your CFL loses 40 or 50 per cent of its power and runs this dull glow for the next decade."

■ **Halogen lighting** seduces because it makes everything sparkle. "The colour rendition of halogen is wonderful," Lyall says. "The orange is really orange, the reds are really red." On the downside, halogens are incandescents, which have a relatively inefficient and short life. However, a gradual dimmer switch, common in newer homes or easily added to an existing switch, will prolong filament life by attenuating the initial power surge.



■ **Politically correct** LEDs are very efficient and good for 50,000 hours, which translates into 10 years running for eight to 12 hours a day. Early versions were slow to gain acceptance because of their icy blue colour, but newer models closely approximate daylight. Or any time of day, as Air Canada demonstrates in its newer long-haul aircraft, where light on the cabin ceiling and walls looks cool in the morning and gradually warms toward dusk. Steve Kemp, VP of buildings sustainability at MMM Group, installed colour-changing LEDs in his home. "It's just fantastic," he said. "First thing in the morning, you put it on blue; it's better than a cup of coffee. Then in the evening you dim them to a more yellowish, reddish [hue] and you're ready to go to sleep." Just the tonic for seasonal affective disorder: the depression associated with the lack of daylight in late autumn and winter. □

SPOTLIGHT: LED

Charles Lyall says LED lighting has come of age: "These are solid-state electronic products. On an old-fashioned 60-watt bulb, you got 600 lumens; on the new LEDs, you are exceeding 100 lumens per watt. A 60-watt bulb can now be replaced by a six-to-eight-watt LED. If you're working on a home renovation, you can reduce your lighting loads by 80 per cent compared to what you currently use. The upgrade will pay for itself in about two years. Anything that you can do that saves energy, therefore putting less pressure on our environment, and is cost-effective to you personally is a smart and beneficial thing to do for all generations."



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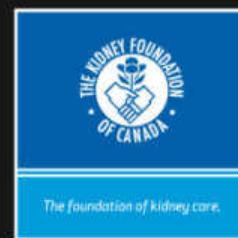
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Don Lyall

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REBOOT

Healthy home office ideas
By Tara Losinski

Home



OU'VE NO DOUBT HEARD that sitting is the new smoking. And with half of our day spent on sedentary pursuits – those performed while sitting – there may be some truth to it. As Canadian researchers found, inactivity is putting us at higher risk for cancer as well as heart disease, diabetes and death. Simply standing instead of sitting burns twice as many calories and helps strengthen bones and muscles. Take advantage of those upright benefits while you work with a **Teknion Livello** height adjustable desk (above). It uses a counterbalance spring to easily raise and lower for sit-to-stand breaks or vice versa. \$1,500, www.teknion.com



Take it a step further – literally – with the **Fitneff WalkTop** treadmill desk. The desktop attaches to most treadmills, and its height and incline are adjustable. It takes a little getting used to, but in no time you can be walking and working or strolling and streaming through your favourite show. \$480, www.walktop.ca



Hot and stuffy, not to mention odorous, do not make for a happy workspace – or home office, for that matter. The new **Dyson Pure Cool** air purifier uses a HEPA filter with activated charcoal granules to remove fumes, odours and airborne particles down to the micron. It's been certified with the 'Quiet Mark' by the Noise Abatement Society so it's sure to cause little aural distraction. And if you're the hot and bothered type, it's also a fan – or rather air multiplier. Plus, it features a sleep timer, wireless remote and its bladeless design looks pretty sexy – for a fan. \$550, www.dysoncanada.ca



For your chance to win this rug from Korhani Home's fall collection, go to www.everythingzoomer.com/win-a-korhani-home-rug.

UNDERFOOT AND UP-TO-DATE

More than for keeping footies warm, area rugs can also easily refresh a space. "I have always felt that home fashion should be changed the same way you change your clothes and accessories each season," says Kirsten Korhani, chief creative officer of **Korhani Home**. With a background in fashion she now puts her expertise into creating stylish carpets that are also affordable, so you can do a seasonal swap *sans* sticker shock. Most large rugs come in a bag for off-season storage and, if ever it does outlive its welcome, so to speak, simply ship the rug to Korhani for recycling. From \$79, Lowe's; go to www.korhani.com for all collections



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Surinder Bains

WHO Founder-owner of Miraj Hammam Spa in Vancouver, operator of the Toronto outpost

WHERE At the Miraj Hammam Spa by Caudalie Paris in the Shangri-La Hotel Toronto

WHY The 61-year-old, who splits her time between Paris and Vancouver, was the first to bring an authentic hammam experience, an Old World regimen with notable health benefits, to Canada **By Derick Chetty**

My List

■ **Favorite lipstick** My everyday go-to is Frost by M.A.C.

And a selection of Guerlain for a more sophisticated look.

■ **Favorite treatment**

Hammam and gommage, as this was the experience at La Mosquée in Paris in 1987 that inspired me to create the first hammam in Canada.

■ **Favorite Vancouver restaurant**

As Vancouver is more of a casual city, I prefer more casual dining: Branas Mediterranean Grill. It has the best deck: you may just think you are in the south of France.

Cobblestone and sailboats with a million-dollar view! ■ **Best relaxing vacation destination** The island of Djerba.

I have been going for years to indulge in my annual thalassotherapy cure. After morning treatments, I daydream in a chaise lounge as the camels and horses pass by along the beautiful ocean edge.

■ **Most inspiring book** *The Alchemist* by Paulo Coelho

■ **Favorite fragrance** In fall and winter, Shalimar by Guerlain.

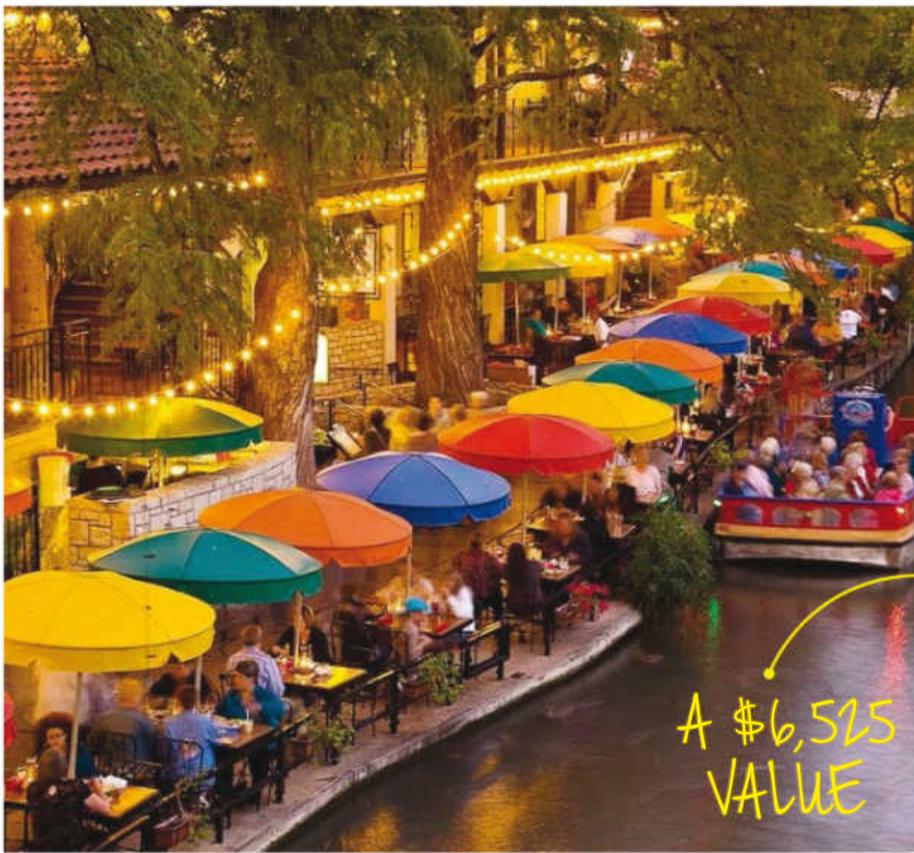
For spring and summer, Soleil by Fragonard.

■ **Favorite meal to prepare at home in Paris**

Oysters from the Brittany Coast accompanied with either a glass of Sancerre or Champagne.

Followed by either rouget or dorade, depending on the fishmonger's suggestion, with *haricots verts* and *pommes sautées*. Dessert is *tarte au citron* or the famous *tarte aux pommes* from Berthillon. ■ **Best business advice**

Observation from an early age was my best teacher. When I first heard "Money doesn't grow on trees" - that could have been the beginning of understanding the importance of earning your own income through hard work. Once I discovered that business could be created based upon passion and outside-the-box thinking, I was unstoppable. □



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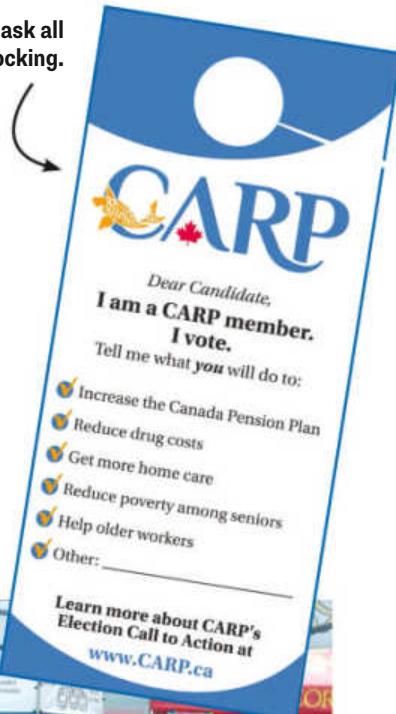
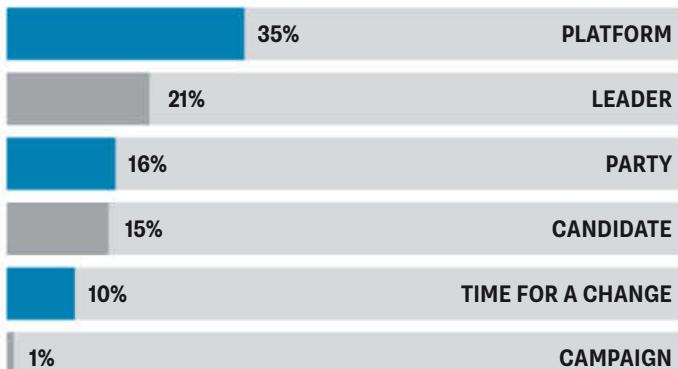
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CARP ISSUED THESE DOOR HANGERS to help members ask all the right questions of federal candidates when they come knocking.

CARP Poll

In July, we asked members: **“Which one factor determines your vote more than any other in an election?”**



Community

► The CARP Georgian Bay Chapter and AM740 Zoomer Radio joined forces at the annual Collingwood Elvis Festival on the shores of Georgian Bay in Ontario. Above: CARP President Moses Znaimer chats with one of the many Zoomers in attendance. Right: Anthony Quinn, CARP's director of community development, gets into the Elvis spirit while daughter Adelaide serves as CARP mascot.



► Supporters of the **CARP Pride Network**, including CARP B.C. Rep April Lewis and Vancouver chapter executive members Robert Swansborough and Carmen Ruiz Y Laza of Joytv, participated in the 2015 Vancouver Pride parade. Marching in front of a crowd of more than 650,000, the CARP Pride Network seeks to raise awareness about the challenges faced by LGBTQ older adults. For information, contact www.carp.ca/pride.

In the Media

“It’s idiotic. Generation Squeeze is trying to start an intergenerational war ... Should we do more [for young adults]? Yes. Should we take from seniors to find it? I say no.”

—Susan Eng, responding to claims by Generation Squeeze (a national lobby that advocates for Canadians under the age of 40) that seniors are getting rich at the expense of the younger generation.

London Free Press, July 15, 2015

“People want to stay in a home, not an institution. Why should you have to give that up just because you broke your hip or your mind is going a little bit?”

—Susan Eng, commenting on the lack of physically accessible, secure housing for seniors with convenient access to the services they need.

The Tyee, June 29, 2015

“If the government wants people to report these situations, they need to provide protection.”

—Bob Stinson, chair of the CARP Haliburton, Ont. chapter, explaining why victims are slow to report cases of senior abuse.

Haliburton Echo, June 23, 2015

“One of things we’re going to be doing is educating corporations about the value of the older worker. Corporations can be much further ahead because these people have so much experience and knowledge that they’re real assets. Their skills can be used in new ways.”

—Murray Etherington, chair of the CARP Mississauga, Ont. chapter, outlining the motivation behind his chapter’s annual job fair.

Globe and Mail, June 24, 2015

NOTICE OF ANNUAL MEETING OF MEMBERS OF CANADIAN ASSOCIATION OF RETIRED PERSONS

An Annual Meeting of the members of Canadian Association of Retired Persons will be held at:

THE ZOOMERPLEX, 70 Jefferson Ave.,
Toronto, Canada, M6K 1Y4 on the 30th day of
October, 2015 at 9:00 in the forenoon:

- (A) To receive the financial statements for the year ended April 30th, 2015 and the report of the auditors thereon;
- (B) To elect directors;
- (C) To appoint auditors and authorize the directors to fix their remuneration;
- (D) To transact such further and other business as may come before the meeting or any adjournment thereof.

Dated the 16th day of July, 2015

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Want to start one? Contact Anthony Quinn, 1-888-363-2279 ext. 274 or a.quinn@carp.ca.

Chapter Event Calendar

Visit our Cross-Canada Chapter listings to contact your local CARP Chapter for information on these and other upcoming events in your community or visit www.carp.ca

SEPT



Mississauga, Ont.

CARP Mississauga Chapter presents our third Job Fair and Symposium for workers 45-plus. 10 a.m. to 3:30 p.m. at 5110 Creekbank Rd. Visit www.zoomerjobs.com for information and registration.



Ajax, Ont.

Ajax-Pickering CARP Chapter presents an End-of-Life Dialogue with the Ontario College of Physicians and Surgeons at the Ajax Public Library, 55 Harwood South.

OCT



Across Canada

National Seniors Day. CARP Flag-raisings across Canada. Visit www.carp.ca/flagraising for details in your area.



White Rock, B.C.

CARP White Rock-Surrey Chapter AGM and Wine & Cheese at the White Rock Community Centre, featuring Surrey RCMP Chief Superintendent Bill Fordy on fraud and crime. Call Denice 604.538.5778 for info and registration.



Dartmouth, N.S.

CARP Nova Scotia presents *Professional Whining: Why Won't Seniors Plan Ahead?* A one-act play for CARP members and their friends, presented by Investors Group 3 p.m. to 4:15 p.m. Register 902.495.8284 or program@CARPNovaScotia.ca.

NOV



Pickering, Ont.

Ajax-Pickering CARP Chapter. All You Need To Know About Adult Immunization with Dr. Jay Keystone. Pickering Public Library, One The Esplanade. Email ajaxpickeringcarp@live.ca or call 905.509.1708.



Ottawa, Ont.

Ottawa CARP Chapter. Fall Event and Savvy Senior Expo with Keynote Speaker Margaret Trudeau. 8:30 a.m. to 2:30 p.m. at Aberdeen Pavilion Lansdowne Park. Email carpottawa@gmail.com or phone 613.755.0055 to register.

2015 SUMMARIZED FINANCIAL STATEMENTS AND AUDITOR'S REPORT

CARP PRESIDENT'S MESSAGE for 2015

In 2012, Tom Mulcair addressed the CARP AGM. In 2014, it was Justin Trudeau. In both cases, they made major CARP-focused policy pronouncements, specific promises that are now in play in the current election.

Meanwhile, Stephen Harper's government offered up measures in this year's 2015 spring budget that include reducing the mandatory RRIF withdrawal rates, doubling the TFSA tax shelter, extending EI compassionate leave to care for terminally ill loved ones, investing in brain research to develop tools to help dementia sufferers and their families, and a federal home renovation tax credit.

Clearly, CARP's membership and expert advocacy matter to aspiring and sitting prime ministers alike!

This is in part due to Susan Eng, formerly CARP's VP of Advocacy. Please don't panic when I say "formerly" as I'm pleased to announce that while continuing her powerful work in advocacy, Susan takes up the role of executive vice-president and chief operating officer effective immediately.

In her new role, I've asked Susan to make membership development a priority. It is paradoxical that despite the significant attention and respect that CARP receives from all levels of government and the media, all acknowledging our great work, membership growth remains a constant challenge.

We continue to sign up new members in record numbers, but that is being offset by weak renewals. Accordingly, in the year ahead, by way of response, we will deploy new online recruitment channels, revamp membership engagement strategies and emphasize group memberships. Thus we expect to return to net membership growth. This is our biggest focus.

So we're going to put more marketing muscle behind CARP in 2015/2016, and central to that is our special relationship with ZoomerMedia Ltd., whereby CARP has constant access to media resources and events, including national and regional television and radio, websites, the live ZoomerShows, the Ideacity Conference and the flagship Zoomer Magazine wherein you read this report.

Finally, Ross Mayot, our long-serving vice-president of community development and general manager, has left CARP to pursue other endeavours and a gentler pace. Ross developed CARP local from 11 chapters to the robust network we have today. Ross's calm management and warm personality saw CARP through its major transition from leadership under Lillian and Murray Morganthau. He will be missed by all the chapter chairs, all the national office staff – indeed, by all the members who came in contact with him. Thank you, Ross, and bon voyage!

Moses Znaimer,

President and Chairman on behalf of the Board of Directors

CARP Board of Directors

Maura Ruth Cohen, BA, B.Ed., Ontario

David Cravitz, BA, Ontario

Gord Poland, BBM, BBT, Ontario

Bill Van Gorder, BA, CAE, Nova Scotia

Moses Znaimer, BA, MA, LLD, Ontario

CANADIAN ASSOCIATION OF RETIRED PERSONS SUMMARY FINANCIAL STATEMENTS

STATEMENT OF FINANCIAL POSITION	APRIL 30, 2015	APRIL 30, 2014
ASSETS		
CASH	\$ 145,026	\$ 160,018
ACCOUNTS RECEIVABLE	63,793	7,298
PREPAID EXPENSES	31,629	22,369
PROPERTY AND EQUIPMENT	36,962	46,201
	277,410	235,886
LIABILITIES		
ACCOUNTS PAYABLE AND ACCRUED LIABILITIES	442,311	451,589
DUE TO RELATED PARTY	301,386	303,443
DEFERRED ADVOCACY AND GRANTS	48,311	78,955
DEFERRED MEMBERSHIP FEES – CURRENT	585,733	506,519
DEFERRED MEMBERSHIP FEES – NON-CURRENT	273,966	269,677
	\$ 1,651,707	\$ 1,610,183
DEFICIT	(1,374,297)	(1,374,297)
	277,410	235,886
SUMMARY STATEMENT OF OPERATIONS	APRIL 30, 2015	APRIL 30, 2014
REVENUE		
MEMBERSHIP DUES	\$ 2,049,208	\$ 2,023,093
OTHER REVENUE	1,622,352	1,561,926
	3,671,560	3,585,019
EXPENSES		
MEMBERSHIP SERVICES	2,198,597	2,031,469
GENERAL AND ADMINISTRATION	1,472,963	1,553,550
	\$ 3,671,560	\$ 3,585,019
EXCESS OF REVENUE OVER EXPENSES	-	-
DEFICIT, BEGINNING OF THE YEAR	\$ (1,374,297)	\$ (1,374,297)
DEFICIT, END OF THE YEAR	(1,374,297)	(1,374,297)

INDEPENDENT AUDITOR'S REPORT ON THE SUMMARY FINANCIAL STATEMENTS

To the Members of Canadian Association of Retired Persons

The accompanying summary financial statements of **Canadian Association of Retired Persons (CARP)**, which comprise the summary statements of financial position as at April 30, 2015 and the summary statements of operations for the years ended April 30, 2015, and related notes, are derived from the audited financial statements, prepared in accordance with Canadian accounting standards for not-for-profit organizations, of CARP as at and for the year ended April 30, 2015.

We expressed an unmodified audit opinion on those financial statements in our report dated July 29, 2015.

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations applied in the preparation of the audited financial statements of CARP. Reading the summary financial statements, therefore, is not a substitute for reading the audited financial statements of CARP.

Management's Responsibility for the Summary Financial Statements

Management is responsible for the preparation of a summary of the audited financial statements on the basis described in **note 1**.

Auditor's Responsibility

Our responsibility is to express an opinion on the summary financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, "Engagements to Report on Summary Financial Statements."

Opinion

In our opinion, the summary financial statements derived from the audited financial statements of CARP as at and for the years ended April 30, 2015 are a fair summary of those financial statements, in accordance with the basis described in **note 1**.

Mississauga, Ontario

July 29, 2015

NAWAZ TAUB & WASSERMAN LLP

Chartered Accountants

Licensed Public Accountants

Audited copies of the financial statements as at and for the year ended April 30, 2015, will be available at the Annual General Meeting of Members on Oct. 30, 2015, and may be requested prior to the meeting by writing to the Office of the President at 30 Jefferson Ave., Toronto, ON M6K 1Y4

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Book flights

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meal budget
insurance

what to pack
Weather

Airport taxi
Tipping?
Currency/exchange?


safety
Border Customs
Museum tickets
Restaurants
Language

Liquids banned?
Baggage
restrictions

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March 4, 2016 • 16 Days

and more....

by Land

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February 15, 2016 • 19 Days

Colombia, Country of Coffee and Culture

February 19, 2016 • 13 Days

Costa Rica, Natural Wonders

February 21 & March 11, 2016 • 15 Days

The Passions of Chile and Argentina

February 26, 2016 • 16 Days

and more....

by River

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Including Keukenhof Gardens
Roundtrip Amsterdam
May 6, 2016 • 9 Days

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Bordeaux, Paris and the Loire Valley
May 31, 2016 • 14 Days

Grand Lower Danube

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June 14, 2016 • 15 Days

and more....

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3. EXCLUSIVE More than a lifestyle, comfortable quality living. Custom built and designed home on 5 acres. Located within and including all the amenities of community living. Home is large and open with lots of privacy, inside and out. 4 acres of trees surround the home and large detached workshop. Eat in kitchen, living room, dining room, with the sunken living room overlooking the pool. Comfortable reading room with fireplace. \$720,000.00. - **4. MILLION DOLLAR VIEW**

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from the eat-in kitchen, the large deck and main floor family room. Even the Master bedroom and ensuite Jacuzzi tub overlook Georgian Bay. 3 floors completely finished with several fireplaces. 5 bedrooms, 4 baths, 4 car garage and the list goes on. A rare opportunity to live on the fresh clean water of Georgian Bay. \$995,000.00 Contact Richard Sharpe Office: **(519) 509-2520** Cell: **(519) 321-1268** www.century21.ca/richard.sharpe

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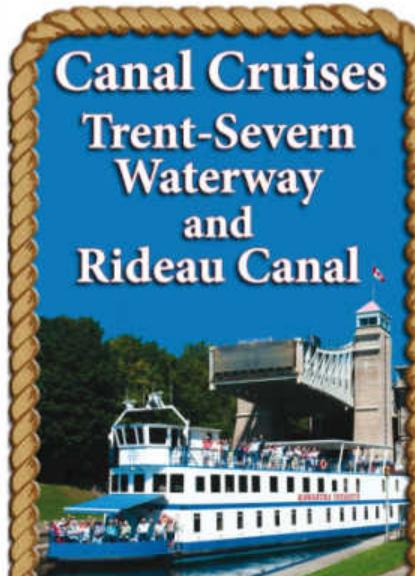
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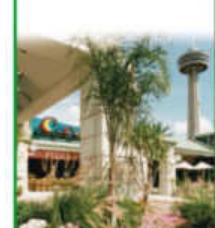
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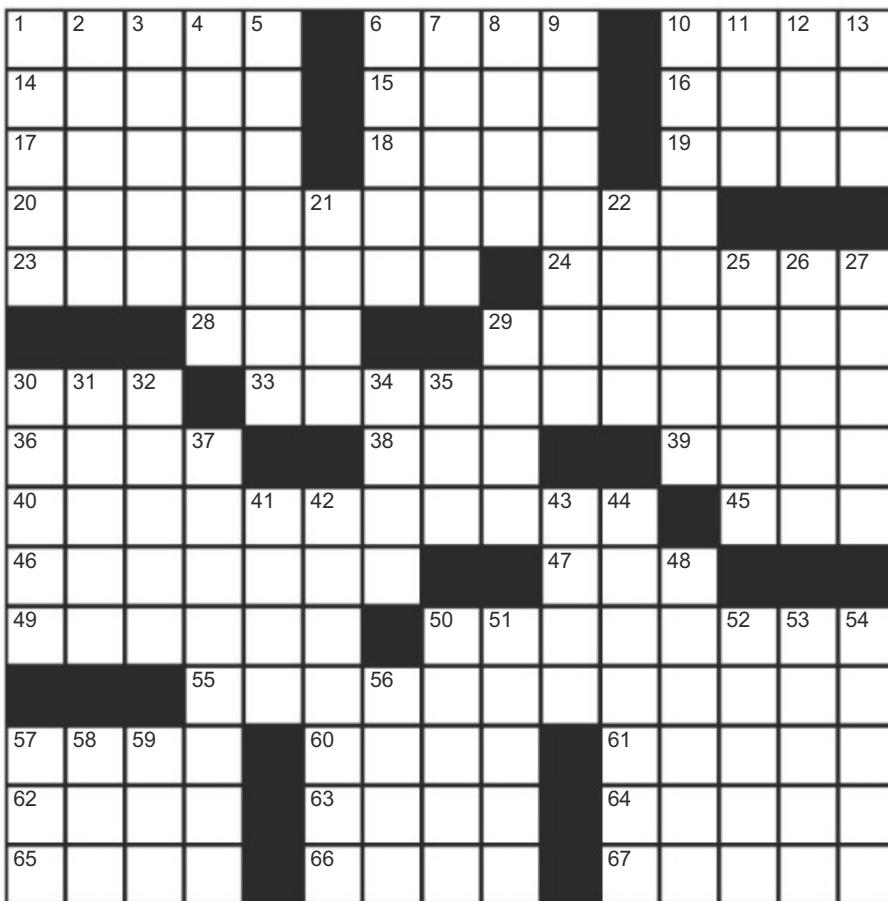
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BRAIN GAMES #33: **How to Build a Crossword Puzzle**

Sudoku

1			3					
9					1			4
5				1		2		
		4				6	3	
5			1			9		
2	8			3				
6		1					9	
3	7						6	
		6			4			

ACROSS

1 Eat hastily, with "down"
 6 Kid's penance, maybe
 10 ___ & the Gang ('70s band)
 14 Nine-___ (small golf course)
 15 Orchestra's tuning instrument
 16 ___ a soul (no one)
 17 Florentine friends
 18 Hot springs emanation
 19 Heart charts: Abbr.
 20 How to build a crossword, step #1
 23 Marriage gain, for some
 24 Warm over
 28 Can't end?
 29 Erode
 30 Newborn's stats.
 33 How to build a crossword, step #2
 36 ... bug in ___
 38 Keats's "___ on Melancholy"
 39 2% alternative, for short

40 How to build a crossword, step #3
 45 Nintendo's Super ___ (game console)
 46 Accepted, as a challenge
 47 In the style of, to a chef
 49 Most devious
 50 Turnip's Swedish cousin
 55 How to build a crossword, final step
 57 Squashed ball?
 60 "Me, myself ___"
 61 Actresses Jackson and Winslet
 62 Honolulu's island
 63 Nietzsche's *nada*
 64 Irregularly notched
 65 "Spare tire" stuff
 66 Egg foo ___
 67 Put back to zero, say

DOWN

1 Belonging to q's new radio host
 2 Space body with a tail
 3 "Look ___!" ("Snap to!")

FOR ANSWERS, TURN TO PAGE 104

CLICK HERE FOR A PRINTABLE VERSION



another secret smile. "Marty loves Leo, and Leo loves him. It's a great relationship. They work together, they're happy, and Leo can help him get his movies made. Hopefully, one day the three of us will do something. That's okay." He almost-but-not-quite laughs aloud when I refer to DiCaprio, with whom he worked in 1993's *This Boy's Life*, as middle-aged (he's 40). "Leo's middle-aged now?" he chokes out. "Is that what you're saying? Jesus. He's young."

De Niro doesn't think about his age. "I feel young in many ways," he says. "You hear this from people getting older, they feel young, they don't feel any different, da da da. That's true for me." (Please note, however, that the entire time he's saying that, he's rolling his eyes.) He doesn't want to reflect on career highs or share favourite moments. He doesn't care to ruminate on how New York has changed. "People ask me, 'How was it back then?'" he says. "That doesn't matter. New York is what it is now, take it or leave it. This is the reality, right here."

He doesn't want to ponder what he knows now that he wished he knew when he was younger. "Oh, I made a big deal about certain things," he says, waving one hand. "I wish I could have had the foresight to know that they would pass and not matter in 10 years; to let them go and not waste my energy on them." He won't name even one of those things: "That's personal. It's just, you put a tremendous amount of energy and emotional energy into something, and then you look back and say, 'What did it matter? What did it mean?'"

He simply won't waste time on that. "You can look back with nostalgia about certain things, how they were, appreciate what they were," he says. "But that's then. I'm here now. It's not my attempt to feel young. That's just the way I feel. I have a lot of great things in my past I can be nostalgic about, and there are times I can do that. But basically, I'm thinking about moving forward."

De Niro doesn't say much. He doesn't have to. He has his family and his friends. They know him. To everyone else, he gives his work. That's it. And it's more than enough. 

EYE HEALTH

Blue Berry™ really helps my eyes

Kathy needed some help for her declining eyesight. "I am really impressed how well Blue Berry™ worked for me", she says.

model image

"**M**y name is Kathy and I am in my 60's now. Since I was 10 years old, I have had eye problems and I always feared my eye exams. I knew the results would be worse, year after year.

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My best friend told me he had been taking blueberry tablets to help maintain his eyes after he was diagnosed with AMD, and that he was really satisfied with the product. So I went to my nearby pharmacy and bought a package.



Antioxidants and carotenes are good for your eyes

It really works for me!

After a few months of taking this supplement, I really noticed a great effect and I am sure Blue Berry was a big part of that. Now I am not so concerned about the future of my eyesight, and I will surely keep taking Blue Berry as part of my daily routine."

Kathy C., New-York



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My tinnitus problem started years ago. I was listening to music during a long bus ride and when I stepped off, I noticed a constant ringing in my ears. Over time the ringing kept coming back and the noise even increased. It was unbearable.

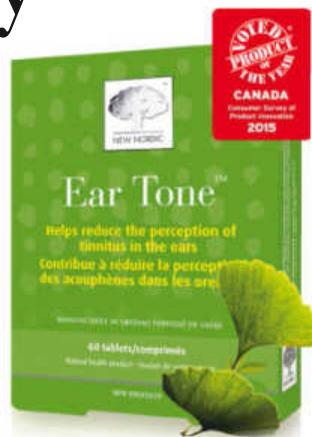
When a friend told me about Ear Tone, I bought a box with great anticipation. After starting the second box I noticed that the ringing was reducing in strength and it's been declining ever since.

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Lilly P. Sweden

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Zoom Out

ANSWERS TO CROSSWORD (PG. 102)

1	S	C	A	R	F	N	O	T	V	K	K	O	O	L																																																												
14	H	O	L	E	R	O	B	O	E	N	A	R	Y																																																													
17	A	M	I	C	I	M	I	S	T	E	K	G	S																																																													
20	D	E	V	I	S	E	A	T	H	E	M	E																																																														
23	S	T	E	P	K	I	D	S	R	E	H	E	A	T																																																												
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30	W	T	S	31	D	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

ANSWERS TO SUDOKU (PG. 102)

6	1	2	7	3	4	9	8	5
9	7	8	2	5	6	1	3	4
5	3	4	8	9	1	6	2	7
7	9	1	4	2	5	8	6	3
4	5	3	6	1	8	7	9	2
2	8	6	9	7	3	4	5	1
8	6	5	1	4	2	3	7	9
3	4	7	5	8	9	2	1	6
1	2	9	3	6	7	5	4	8

The Funnies

"People never lie so much as after a hunt, during a war or before an election."

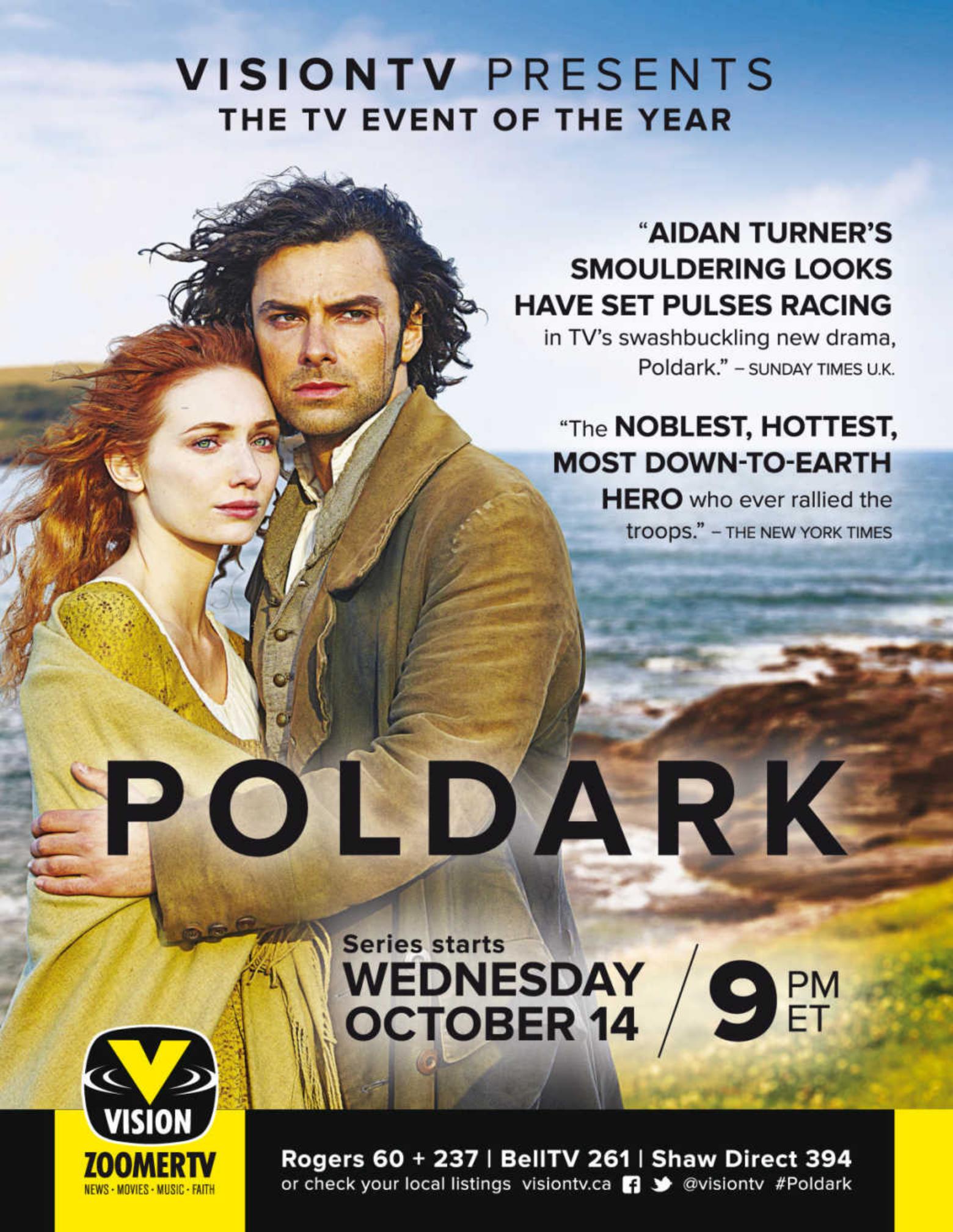
—Otto von Bismarck

"Some things I never learned to like. I didn't like to kiss babies, though I didn't mind kissing their mothers." —Pierre Trudeau

"Whenever you find yourself on the side of the majority, it is time to pause and reflect." —Mark Twain

"The trouble with practical jokes is that very often they get elected." —Will Rogers

VISIONTV PRESENTS
THE TV EVENT OF THE YEAR

A promotional image for the TV show Poldark. It features Aidan Turner as Ross Poldark and Eleanor Tomlinson as Demelza Poldark. They are standing close together, looking off-camera with serious expressions. Turner has dark, curly hair and is wearing a brown jacket over a green vest. Tomlinson has long, wavy red hair and is wearing a yellow patterned dress. They are outdoors, with a rocky coastline and the ocean in the background.

"AIDAN TURNER'S
SMOULDERING LOOKS
HAVE SET PULSES RACING

in TV's swashbuckling new drama,
Poldark." – SUNDAY TIMES U.K.

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POLDARK

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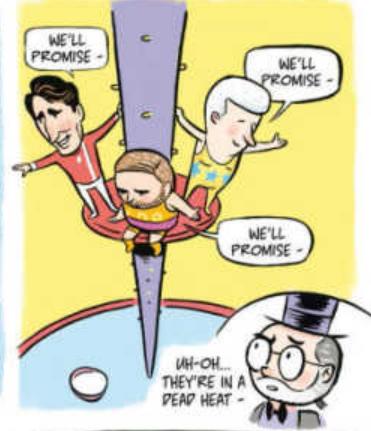
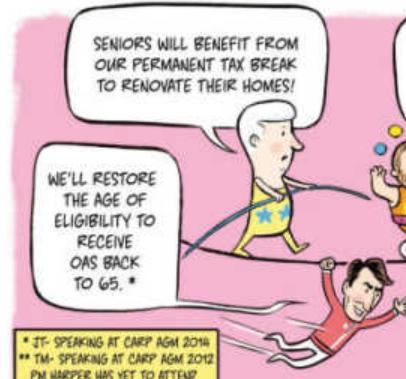
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Prophet of Zoom™

by Wes Tyrell

CIRCUS OF PROMISES!



ONLY WE HAVE A NATIONAL STRATEGY ON AGING AND PALLIATIVE CARE.

UH-OH... THEY'RE IN A DEAD HEAT -



* JT - SPEAKING AT CARP AGM 2011
** TM - SPEAKING AT CARP AGM 2012
PM HARPER HAS YET TO ATTEND.

OH... MAYBE WE SHOULD JUST START OUR OWN PARTY?

FIN

LIFE-SIZE NATURAL PAIN RELIEF



1. Take 2 capsules of Lakota Joint Care Formula every morning with breakfast.



2. Natural source pain relievers, such as White Willow Bark, target and relieve tough joint pain.



3. Boswellia and Devil's Claw reduce inflammation, while Lumanite rebuilds joints, increasing comfort and mobility.

Pain relief for moving mountains.

Based on traditional medicine and made with natural ingredients, Lakota Joint Care Formula is natural pain relief that works. For reviews and testimonials visit Lakotaherbs.com.

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